ARGOS READY TO KICK OFF NEW SEASON, PG 20

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Business pg 17

Madoff gets max jail time

CanadaDay

- What's going on around the GTA, page 3
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- Strike forces event cancellations, page 8
- Lawrence Martin's National Report, page 16
- Word on the street, page 16
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Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Toronto and Canada.

- On metronews.ca
- Share your SunnySide thoughts on Twitter

IranCrisis

Metro Canada is keeping you up-to-date with everything you need to know about the evolving crisis in Iran.

- Today
- Election results declared valid, page 14
- G8 may seek sanctions, page 14

Metro

Metro will not publish Canada Day, Wednesday, July 1. The next edition will appear Thursday.

Texting champ **OMG I WON**

ANDREW WILLIAMSON/FOR METRO TORONTO

Kathy Spence hoists her winner's cheque yesterday after capturing the LG Canadian Texting championship at Yonge and Dundas Square. Spence took home $25,000 in cash and prizes after texting the quickest and most accurate message. Story, page 3.

Welcome home

Tim Hortons officially returning to Canadian roots

Considering that many Canadians practically bleed Tim Hortons coffee on any given workday, it may come as a surprise to some that the much-beloved chain is once again returning its home base to Canada.

Didn't know Tims has actually been registered in the United States for years? That's easy to forgive, considering just how deeply ingrained the brand has become in the Canadian consciousness.

But it is true that the house built on the doughnut and double-double was for nearly 15 years — a result of its purchase by U.S. burger chain Wendy's — registered far away in Delaware.

Parent company Tim Hortons Inc. announced yesterday it has filed documents in the United States that would shift its corporate ownership back north of the border. Its current Canadian headquarters is in Oakville.

The company says the move — which it had said it was considering earlier this year — will save on taxes and make international expansion easier.

It certainly won't hurt its image with Canadians either, because the famous chain is probably the country's most-treasured brand.

THE CANADIAN PRESS

Economic sting is subsiding: Analysts

Sunny Side

Canadians may be in store for the most encouraging economic news in months today with release of new output numbers expected to confirm the worst of the recessionary spiral ended in April.

The average estimate among economists is that April's gross domestic product number will come in at minus 0.1 per cent compared with a 0.3 per cent retreat in March, showing the economy is still contracting but the sting is subsiding.

Data

- The GDP data is one of the closest watched of all economic indicators because it is the broadest measure of how the economy is doing, combining goods production, services, jobs and consumer purchasing activity.

If the numbers break the right way, Statistics Canada may actually find that April's "green shoots" produced the first non-negative reading since the recession began in October.

Economist Michael Gregory of BMO Capital Markets said the economy is establishing the foundations for a rebound later this year.

"This will be the smallest negative since October," said Gregory, "and it will be a clear indication the worst has passed."

THE CANADIAN PRESS

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Teen wounded in drive-by shooting
Police are looking for as many as four suspects after a teenager was wounded in the leg during a drive-by shooting in Toronto's west end last night. The 16-year-old victim's mother called 9-1-1 after her bleeding son ran to their ninth-floor apartment on Eglinton Avenue West, at Gabian Way east of Keele Street, at about 8 p.m. TORSTAR NEWS SERVICE

Local

Province delays on nuclear reactors

Ontario is delaying plans to build two new nuclear reactors, saying yesterday that an Atomic Energy of Canada bid would cost billions more than the province is willing to pay. Energy Minister George Smitherman, left, said AECL was the only one of three candidates to build the Darlington nuclear station reactors to properly address requirements around assuming responsibility for cost overruns, but that bid was still too expensive. THE CANADIAN PRESS

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Thursday's Metro

Comment
Andrea Woo brings Metro readers her take on couples in the latest Relating column.

metronews.ca

WHAT'S ONLINE TODAY

Video Lamenting the lack of a Canada Day long weekend at **metronews.ca/canada**

Your Money Allan Small on the best investments for income growth as the market rally gains strength at **metronews.ca/investing**

Blogs Hollywood Rants is not surprised about the circus surrounding the death of Michael Jackson

Lotteries

Ontario Pick 3: 7 9 0; **Ontario Pick 4:** 5 2 1 1
Encore: 3302934
Daily Keno: 4, 12, 14, 15, 17, 21, 23, 27, 28, 31, 37, 38, 45, 57, 59, 60, 61, 63, 64 and 70
These results are not official.

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Fastest fingers in Canada

16-year-old Scarborough girl wins $25K and texting title

Kathy Spence, a 16-year-old from Scarborough, entered a texting competition on a whim while shopping at the Scarborough Town Centre.

She got a call a few weeks later letting her know she was in the finals.

In front of a cheering crowd and the neon billboards of Yonge-Dundas Square yesterday, she beat contestants from across the country and won herself $25,000.

"I'm a big sneaker freak ... I love Converse, Nike, all that stuff. So I'm probably going to buy myself some shoes."
Kathy Spence

"I'm a big sneaker freak," she said.

"I love Converse, Nike, all that stuff. So I'm probably going to buy myself some shoes."

Spence, who will be entering Grade 12 in September at Wexford Collegiate, also said she's going to save for university.

Contestants in the LG Texting Championships texted lengthy and complex phrases and were judged on speed and accuracy.

Spence correctly typed this phrase faster than her competitors, featuring the famous nonsensical term from Mary Poppins, "Of course you can say it backwards, which is Suoicodilaipxecitsiligarfilacrepus!"

"I haven't texted anyone yet, the only people who know are my family," Spence said. But her father, Roy Spence, corrected her, "Your grandmother just called and said you were all over the TV."

TORSTAR NEWS SERVICE

Miller, union trade shots over strike

WALKOUT Hunker down.

With the Toronto city workers' strike now in its ninth day a quick end to the walkout is fading.

Mayor David Miller yesterday waded into the debate, accusing CUPE Local 79, which represents 24,000 mostly inside workers, of refusing to negotiate a deal, noting there has only been six hours of face-to-face talks since the strike began last Sunday.

Province

- In the 2002 Toronto strike the provincial government stepped in to end the strike, but only after 16 days.

Local 79 president Ann Dembinski fired back, charging the city has refused to remove key concessions still on the table. The city wants to eliminate a sick-time bank, where workers can save unused sick days and cash them out before retirement.

TORSTAR NEWS SERVICE

ADRIEN VECZAN/TORSTAR NEWS SERVICE

City workers on strike walk down Yonge Street yesterday while management staff clean the streets after Sunday's Pride Parade.

Clean up after yourself on Canada Day: City

PRIDE After a contentious Pride Parade cleanup by non-union City of Toronto staff and private contractors, a city official is telling citizens cleaning up after Canada Day will be their responsibility.

City spokesman Rob Andrusevich says pickets held up trash removal by a "handful" of private contractors and about 100 city staff sent to clean up after Pride.

Like every year, he says, the city used private crews to help pick up trash that accumulates on the street after Pride, an event that draws nearly one million people to Toronto.

But he says Canada Day differs from a parade, in which trash builds up in a short period of time in one part of the city.

City-run fireworks and Canada Day events have been cancelled due to the week-long strike that has sent 24,000 unionized workers to picket lines.

Andrusevich says he expects Toronto residents who celebrate to be responsible with their garbage and clean up after themselves because the city's livability is in the hands of each resident.

THE CANADIAN PRESS

What to do in Toronto on Canada Day

EVENTS Although the city has pulled the plug on many of its planned Canada Day festivities due to the ongoing municipal workers strike, including the fireworks display at Ashbridge's Bay, there are still plenty of events.

1. Canada Day Celebration & Citizenship Ceremony at Black Creek Pioneer Village. The highlight of the day is the citizenship ceremony where 40 immigrants will become Canadian citizens.

2. Festival of Fire at Ontario Place. The skies over Lake Ontario will light up with world-class pyrotechnics choreographed to themed music.

3. Multicultural Canada Day Festival at Yonge-Dundas Square. Folk dancing, visual arts, crafts and food stalls.

4. Harbourfront Centre celebrations. A full day of live music, free canoe rides, and film screenings.

5. Chinese Cultural Centre of Greater Toronto celebrations. Enjoy lion dances, charity sales, arts and crafts and music

6. CHIN International Picnic. Entertainment by Polish, Chinese and South American talent at the CNE Bandshell.

7. Toronto Ribfest at Centennial Park. From live music, beer tents, ribs and fireworks, the Rotary Club of Etobicoke hosts at 256 Centennial Park Rd.

HEATHER BUCHAN/ FOR METRO TORONTO

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Wild weather warning
Environment Canada issued a special weather statement yesterday, warning residents of scattered thunderstorms and funnel cloud development with winds gusting up to 80 km/h, as wild weather whipped throughout the GTA. TORSTAR NEWS SERVICES

'The highest honour'

1 of many new Canadians excited to become a citizen

HEATHER BUCHAN
for Metro Toronto

Tomorrow is a day Leonardo Hernandez has been anxiously awaiting for a long time. The 37-year-old electrical engineer, who immigrated to Canada seven years ago in search of a better life, will finally become a Canadian citizen.

"I always dreamed of receiving my citizenship on July the first," he says. "For me, it's the highest honour I can receive."

At 11 a.m., Hernandez will stand alongside 40 other people from around the world who have chosen to make Canada their home and accept the rights and responsibilities of becoming a Canadian citizen during a special Canada Day ceremony at Black Creek Pioneer Village

"When I first visited Canada in 1999, I found a very progressive and diverse country where you're allowed to pursue and achieve your goals,"

Leonardo Hernandez

explains the native of Mexico City. "Undoubtedly, the kind of work that I do here in Canada is completely unavailable in Mexico, or the rest of Latin America."

During the seven years he has lived in Canada, first in Toronto, then in Windsor, where he developed test sequences for the automotive industry, and now back in Toronto, Hernandez has continued to move up the ladder.

Today, he works in a managerial role for a multinational technology company training other engineers. "I have had the chance to develop my career and see new technology, which I would never have had the chance to do in Mexico," says Hernandez. "I also had the chance to work on a project that was going to create jobs in the future, and it happened," he states proudly.

Accompanying him to tomorrow's citizenship ceremony will be his wife, Laura, a graphic designer and athlete, who emigrated from Mexico two years ago after she and Hernandez married, and her parents, who are visiting.

Among the many attributes that drew him to Canada, Hernandez cites the country's overall "peacefulness," and "respect" for others. "My plans for the future are to stay here, raise a family, contribute to my community and be actively involved in politics," says the consummate gentleman.

"To understand that you can live with several communities and live in peace altogether is most important for me."

Weather **Rain for the rest of the week**

IAN WILLMS/TORSTAR NEWS SERVICE

A man finds shelter from the rain yesterday in an alley on King Street West in Toronto. Environment Canada is forecasting rain for the remainder of the week, including all day on Canada Day.

TTC strikes deal with VIVA

TRANSIT Bus travel between York University and Downsview subway station should be easier starting in September, thanks to a new service integration plan from York Region Transit and the TTC.

York students and staff will be able to ride either a Viva Orange bus or a TTC bus on and off campus on the same ticket.

With Viva buses running virtually empty while TTC vehicles operate over capacity on the same route, the integrated service is a "no-brainer," said TTC service planner Bill Dawson

Viva buses average seven riders during peak periods.

TORSTAR NEWS SERVICE

News in brief

STABBING Two 19-year-old men were rushed to hospital after being stabbed outside a shopping plaza yesterday evening. One man was stabbed in the side and the other man was stabbed in the chest near Sheppard Avenue West and Jane Street shortly after 5 p.m. Police are searching for three teen suspects.

TORSTAR NEWS SERVICE

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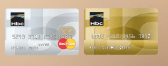

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Kellogg reaches deal with locked-out workers
Kellogg Canada and the union representing nearly 500 locked-out workers in London, Ont., have reached a tentative agreement. THE CANADIAN PRESS

Get ready for three different flu shots

Pair of swine flu vaccines being prepared

Flu Outbreak

Canadians who dread their annual flu shot may have to roll up their sleeves three times this fall.

People seeking protection will need two swine flu shots, in addition to their regular flu shot, health officials said yesterday.

Canada's chief public health officer, Dr. David Butler-Jones, says putting both the regular flu and the influenza A (H1N1) vaccine, also known as swine flu, into one needle would have delayed production.

"All the manufacturers internationally were well on the way with the production with their seasonal flu (vaccine). And so to substitute or add the H1 to it would have delayed the whole process," he said.

Butler-Jones said the two additional shots to protect against swine flu must be done a month apart.

A regular flu shot protects against one strain of influenza B and two of influenza A, including a human subtype that rather confusingly goes by the same name as the swine flu virus — H1N1. Despite the similarity in names, the regular flu shot doesn't offer any protection against the new swine-derived virus.

Canada has a long-standing contract with pharmaceutical giant GlaxoSmithKline to produce a new vaccine for swine flu when one is developed.

Butler-Jones said Canada has until the end of July to place its vaccine order. The swine flu shot is expected by the end of October, and vaccinations — which are voluntary — will follow over the next four to eight weeks. THE CANADIAN PRESS

Clinical trials

- Health Canada, which regulates vaccines, has said manufacturers will be required to submit results of clinical trials that show whether the vaccine elicits a sufficiently strong immune response.

Air travel linked to disease spread

SYSTEM Canadian researchers have designed a system based on air travel patterns to predict how infectious diseases will spread around the world, offering a means of halting transmission by taking preventive measures as soon as an outbreak occurs.

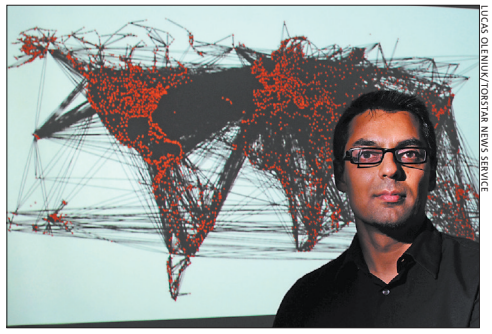
The system, developed by infectious disease physician Dr. Kamran Khan and colleagues, accurately predicted how the H1N1 flu virus would circulate worldwide after arising in Mexico earlier this year.

Using their BIO.DIASPORA system, the team analyzed the flight itineraries of more than 2.3 million passengers who departed Mexico on commercial flights during March and April 2008 to predict the spread of H1N1 a year later.

The findings show the international destinations of air travellers leaving Mexico were strongly associated with confirmed importations of the virus around the world.

"We know that infectious diseases don't respect national boundaries, but if there is one thing they have to respect as they're spreading around the globe, it's the architecture of the airline transportation system," said Khan of St. Michael's Hospital in Toronto.

THE CANADIAN PRESS



LUCAS OLENIUK/TORSTAR NEWS SERVICE

Dr. Kamran Khan stands in front of a diagram of international flight travel paths at St. Michael's Hospital in Toronto. The Toronto doctor developed a scientific system that can predict the spread of infectious disease based on air traffic patterns.

Ladybug drop leads to aphid boom

INSECTS The unexpected collapse of the ladybug population has left their usual prey, aphids, free to munch through countless roses, not to mention plants they normally eschew, like mock orange.

"They're hitting plants we're not used to seeing them on," says Anastasia Jakubasz, assistant store manager at Plant World.

So why the sudden absence of ladybugs, and so soon after an Asian variety had staged a mass invasion of the province?

It could be the delayed result of fluctuations in the aphid population, since the soybean aphid — now a ladybug staple — was in relatively short supply last year.

TORSTAR NEWS SERVICE

With a drop in the ladybug population, their prey, aphids, are thriving on many plants.

News in brief

LAWSUIT A $2-million negligence lawsuit filed against the province's Special Investigations Unit, believed to be the first of its kind, may be finished before it starts. This morning, lawyers representing the attorney general's office, which oversees the SIU, will ask a Superior Court judge to dismiss the case on the grounds that the family of slain teenager Duane Christian "are not in a sufficient relationship of proximity with the defendants (the SIU)," reads the motion. Nearly three years ago to the day, 15-year-old Christian was shot dead inside a stolen van by a Toronto police officer. TORSTAR NEWS SERVICE

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New Sudbury Centre
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Ex-coach facing more charges
A former figure skating coach who operated in the Toronto area in the 1980s is facing more sex charges after a second victim came forward. TORSTAR NEWS SERVICE

AARON HARRIS/TORSTAR NEWS SERVICE

Khalid Nabbie, centre, and daughters Soraya, left, and Safiya look through a family photo album at their home in Toronto last Thursday. Nabbie has been waiting a year to get approval for the sponsorship of his wife, Dixie-Ann Nabbie, (shown on photo on cover of album), who is in Trinidad.

Spousal rejection rates questioned

Almost half of the husbands and wives in southern China and western Africa who want to join their spouses in Canada are refused, government documents show, a situation MP Olivia Chow calls cruel and arbitrary.

That's in sharp contrast to other places, such as Taiwan, where just three per cent of spouses who apply to be reunited with their partners in Canada are rejected, according to Citizenship and Immigration Canada statistics from its visa offices around the world.

"We find this cruel and unfair and it needs to be changed," said Chow, the NDP immigration critic who yesterday released the government's spousal sponsorship numbers after a formal written request.

That Canada makes it tough for some couples to be together is no surprise to Khalid Nabbie, a Markham engineer who has two little girls. He has spent a year scaling a mountain of bureaucracy, amassing an application file two inches thick.

"The system encourages you not to tell the truth," says a frustrated Nabbie, who has been apart from his wife Dixie-Ann since returning to Canada from Trinidad last year.

TORSTAR NEWS SERVICE

Top and bottom 5 spousal rejection rates

- Highest rejection rates:
- Hong Kong, 48%
- Accra, 46%
- Port-au-Prince, 34%
- Port of Spain, 33%
- Nairobi, 27%
- Lowest rection rates:
- Taipei, 3%
- Sao Paulo and Caracas, 4%
- Sydney, 5%
- Buffalo, 5%
- London, 6%

Strike puts a damper on Canada Day plans

CanadaDay

PARADE Holly Macnamara couldn't believe the news: The East York Canada Day parade has been cancelled because of the city workers' strike. Now she and her family are left scrambling to find something else to do.

"I feel lost," said Macnamara, a 33-year-old teacher on maternity leave. "I feel like I'm not going to be able to celebrate Canada Day the way it's supposed to be celebrated."

She thinks she will have a barbecue with family and friends and then maybe go to a local park to set off fireworks. But it just won't be the same. The parade and the daylong celebration bond not only Macnamara's family but also the entire community.

"It's kind of like Christmas in July for us," she said.

The East York parade, run by volunteers, has been a tradition for 53 years, said organizer Don Duvall. It usually has about 1,500 participants, attracts between 55,000 and 80,000 spectators and launches a day of celebration that includes amusement rides, bingo and fireworks at Stan Wadlow Park. TORSTAR NEWS SERVICE

Cancelled events

- About a dozen events were cancelled because of the civic workers' strike, including fireworks at Ashbridge's Bay and celebrations at Mel Lastman Square, Kew Gardens, Earl Bales Park, Flemingdon Park, Nathan Phillips Square and Metro Square.

School set to welcome police officer

SAFETY Students and families of C.W. Jefferys Collegiate have dropped their opposition to a police officer at the school and will welcome a uniformed, armed constable this fall, after ongoing violence at the high school this year.

Jefferys, whose name has become almost shorthand for school violence in this city, joins two other schools near Toronto's often troubled Jane-Finch community on a list of 20 more to get the "school resource officers."

It has taken a year for schools in the northwest corner of the city — including Jefferys, where Grade 9 student Jordan Manners was killed in 2007 — to welcome one of the officers assigned to connect with teens.

TORSTAR NEWS SERVICE

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Pilot killed after plane crashes near airport

Police say a 65-year-old pilot was killed yesterday morning after he crashed his small plane near the Region of Waterloo International Airport. The victim has been identified as Janic Volcec of Kitchener. THE CANADIAN PRESS

Canada

Genomes to fight pine beetles?

The battle against the pine beetle epidemic is being fought at microscopic levels. Genome Canada, Genome B.C. and Genome Alberta have committed nearly $8 million to a research project designed to map the basic building blocks of trees and the pests that attack them. Research leader Dr. Joerg Bohlmann says genomes could eventually help scientists fight the pine beetle infestation. THE CANADIAN PRESS

Officials warned of rape law

But diplomats had no knowledge of provisions: Documents

Canadian diplomats were tipped weeks before Afghanistan passed its so-called rape law but did not alert their political masters, newly released documents indicate.

Officials at the embassy in Kabul were warned Feb. 15 that other countries were worried about the proposed Shiite family law.

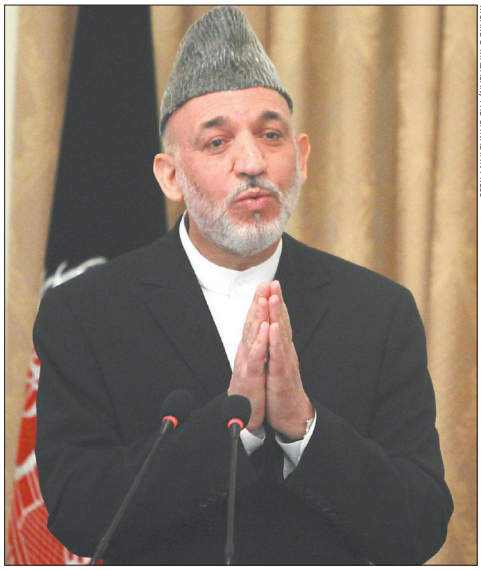
But the diplomats had no specific knowledge about the provisions of the law or when it was to be considered by the Afghan parliament, say the documents obtained by the federal New Democrats.

The law gives sweeping powers to Shiite husbands over their wives, effectively legalizing rape within a marriage. The legislation triggered international outrage when it was signed into law by Afghan President Hamid Karzai five weeks later.

A written timeline outlining Ottawa's response to the crisis was tabled in the House of Commons after a formal question by NDP MP Paul Dewar on Parliament's order paper.

The four-page summary also shows that officials with the Canadian International Development Agency, which has been mentoring Afghans in human rights and democracy, knew as far back as October last year that the law was being drafted but were unaware of its wording.

Dewar said someone should have been asking questions.



RICARDO MAZALAN/THE CANADIAN PRESS

The controversial Afghan law, signed by President Hamid Karzai, gives sweeping powers to Shiite Muslim husbands, effectively legalizing rape within a marriage.

> **"The law was not a focus of Afghan national political debate."**
> Yves Brodeur

Both Foreign Affairs Minister Lawrence Cannon and International Trade Minister Stockwell Day have said they weren't aware of the legislation before it led to censures from Prime Minister Stephen Harper, U.S. President Barack Obama and other international leaders.

In an appearance before a special House of Commons committee on Afghanistan, a senior bureaucrat overseeing the file said Canadian officials were taken by surprise.

"The law was not a focus of Afghan national political debate. We are unaware of any domestic media coverage in Afghanistan during this legislative process," Yves Brodeur said in testimony in May.

THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

Production foreman Ron Toly inspects the carbon capturing research facility near Redwater, Alta., last week.

Alberta has high hopes for carbon capturing

SCIENCE Here, in this open field under a blue Alberta sky, is the business end of what the energy industry hopes will be a crucial part of its plan to reduce greenhouse gas emissions and what the provincial government prays will get the world off its back.

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That's the thinking, anyway — that greenhouse gas emissions can be reduced by capturing carbon dioxide where it is produced, transporting it to a central location and shooting it into old oil deposits or deep saline aquifers many thousands of metres underground.

But nobody has ever tried it on anything like the scale needed to make a dent in the world's greenhouse gas emissions.

THE CANADIAN PRESS

Accused racist admits he told his children races shouldn't mix

COURT An accused racist fighting a custody battle in Manitoba says he taught his children that different races shouldn't mix, some people should "go back to their own country" and the swastika represents peace and love.

But the man, who argues his constitutional rights were violated when his children were seized by the province, also told a court hearing yesterday he never advocated killing black people.

At most, he said, he and his estranged wife just taught their kids "to be proud to be white."

Allegations

- The province alleges the children were exposed to racism and alcohol abuse in their home. The province also alleges the children lived in squalid conditions, and were exposed to violent racist videos and racial slurs.

The man is trying to prevent Manitoba Child and Family Services from gaining permanent custody of his stepdaughter and his biological son.

The children were seized after the girl was sent to school with racist markings on her body — something the man said he knew "wouldn't end good."

THE CANADIAN PRESS

News in brief

MISSING GOLD Sloppy record-keeping probably isn't to blame for missing gold stockpiles at Canada's mint, an external audit has found.

AUTO Dorel Industries has unveiled its new car seat technology that it claims protects children during side-impact collisions. The patented Air Protect system reduces the likelihood of neck injuries by releasing air in side cushions to slow the movement of the head during a collision.

THE CANADIAN PRESS

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Man who killed two jailed for life

A New Brunswick man, David Joseph Ouelette, 38, who admitted to killing two people has been sentenced to life in prison with no chance of parole for 15 years. THE CANADIAN PRESS

Dawson horror lives on

Students still suffer effects of gun rampage

A killer gunman sprayed scores of bullets inside Montreal's Dawson College in 2006. But the horror didn't die.

A new study shows the psychological impacts of the deadly rampage still run deep in students and staff.

Eighteen months after the deadly assault that left one student dead and 16 other people wounded, researchers found:

- Forty per cent of respondents suffered from mental-health problems.
- Two per cent were in a state of post-traumatic stress due to the attack.
- Seven per cent were still experiencing post-traumatic stress symptoms.

The researchers, from the McGill University Health Centre and Montreal's Louis-H. Lafontaine Hospital, surveyed 949 members of the Dawson community.

Researcher Richard Boyer said yesterday 12 per cent of respondents suffered from severe depression and close to seven per cent had considered suicide. "What's surprising is that the post-traumatic stress problems and the other (psychological problems) persisted for so long after the event," Boyer said.

On Sept. 13, 2006, gunman Kimveer Gill killed 18-year-old student Anastasia De Sousa and wounded 16 other people.

Police shot Gill in the elbow moments before he took his own life

THE CANADIAN PRESS

RYAN REMIORZ, THE CANADIAN PRESS

In this file photo, students wear pink in honour of shooting victim Anastasia De Sousa before they re-enter Dawson College in Montreal five days after gunman Kimveer Gill's rampage.

Pay my legal costs: Polygamist leader

SECT One of the leaders of a B.C. polygamous sect says the court should stay the charges against him, or order the province to pay his legal costs.

Winston Blackmore was arrested in January along with James Oler, the leader of a separate polygamous faction in the community of Bountiful.

Blackmore

Each was charged with practising polygamy.

Blackmore is asking a B.C. court to stay the charges, or at least order the B.C. government to pay his legal bills.

Blackmore's lawyer, Bruce Elwood, told a B.C. Supreme Court judge that special prosecutor Terrance Robertson had no authority to recommend charges because another prosecutor had already delivered the opposite decision.

He says a special prosecutor appointed about two years ago recommended against any charges.

But former B.C. attorney general Wally Oppal went "special prosecutor shopping" in a bid to find someone who would charge the leaders.

THE CANADIAN PRESS

Laws scare off election volunteers

POLITICS Canada's political financing laws have become so complex that candidates can't find volunteers to manage their affairs in elections, Elections Canada says.

Indeed, the electoral watchdog is itself having difficulty finding help.

A survey held after last fall's election found 22 per cent of candidates had trouble finding "someone willing, available and qualified." THE CANADIAN PRESS

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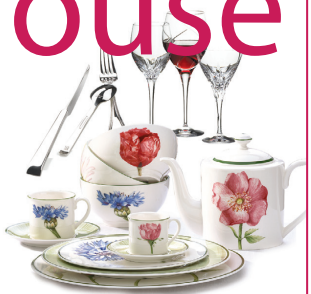

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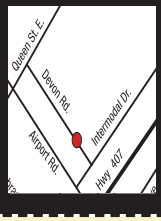

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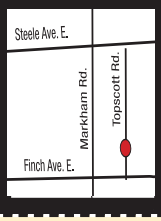

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Americans, Russians set stage for talks

U.S. lawmakers and their Russian counterparts have met to discuss arms control, North Korea and other international issues, setting the stage for U.S. President Barack Obama's visit to Moscow next week. THE ASSOCIATED PRESS

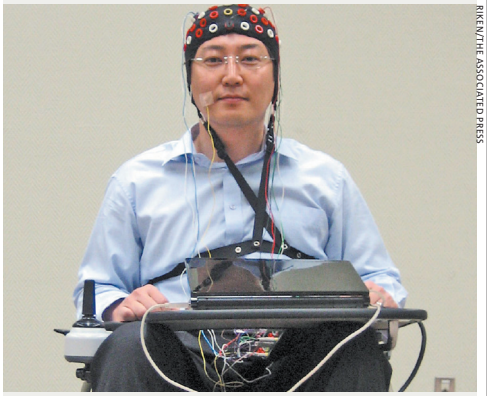
World

UN to press Myanmar for release

United Nations Secretary-General Ban Ki-moon, left, will return to Myanmar Friday, the same day the trial for pro-democracy leader Aung San Suu Kyi resumes. UN spokeswoman Michele Montas said yesterday that Ban will press the military rulers of Myanmar for release of the 64-year-old Nobel Peace laureate and all other political prisoners.

THE ASSOCIATED PRESS

Technology **Brain driven**



RIKEN/THE ASSOCIATED PRESS

A Japanese researcher wearing a cap that can read brain signals rides on a wheelchair that can be steered by detecting brain waves. Toyota said in a release yesterday it has developed a way of steering a wheelchair by just detecting brain waves, without the person having to move a muscle or use a voice command.

Guardian Council: 'File closed'

Iran declares election valid, denies militia involvement in killing

IranCrisis

Iran's election oversight body yesterday declared the hotly disputed presidential vote to be valid after a partial recount, rejecting opposition allegations of fraud and further silencing calls for a new vote.

State television reported that the Guardian Council presented the conclusion in a letter to the Interior Minister following a recount of a what was described as a randomly selected 10 per cent of the almost 40 million ballots cast June 12.

"From today on, the file on the presidential election has been closed," Guardian Council spokesman Abbas Ali Kadkhodaei said on state-run Press TV. The recount had appeared to be an attempt to cultivate the image that Iran was seriously addressing fraud claims, while giving no ground in the clampdown on opposition.

U.S. Secretary of State Hillary Rodham Clinton yesterday questioned the recount's utility.

"They have a huge credibility gap with their own people as to the election process. And I don't think that's going to disappear by any finding of a limited review of a relatively small number of ballots," she told reporters in Washington.

News of the partial recount comes as President Mahmoud Ahmadinejad yesterday ordered an investigation of the killing of a young woman on the fringes of a protest.

Widely circulated video footage of Neda Agha Soltan bleeding to death on a Tehran street sparked outrage worldwide over authorities' harsh response to demonstrations.

Ahmadinejad's website said Soltan was slain by "unknown agents and in a suspicious" way, convincing him that "enemies of the nation" were responsible.

The regime has implicated protesters and even foreign intelligence agents in Soltan's death. Basij commander Hossein Taeb yesterday alleged that armed impostors were posing as militia members, Press TV reported. THE ASSOCIATED PRESS

Look back on how events have unfolded with our ongoing Unrest in Iran Section at **metronews.ca**

Editor's note

- Iranian authorities have barred journalists for international news organizations from reporting on the streets and ordered them to stay in their offices. This report is based on the accounts of witnesses reached in Iran and official statements carried on Iranian media.

Group of 8 may seek sanctions

IRAN Italian Premier Silvio Berlusconi says Group of Eight leaders meeting next week in central Italy will discuss possible sanctions against Iran.

Berlusconi says the violent crackdown on protesters following Iran's disputed election will be at the top of the agenda at the summit July 8-10.

Asked at a news conference in Naples yesterday whether sanctions would be discussed, he said "I believe we will go in that direction."

The G8 meeting was originally planned on the Sardinian island of La Maddalena but was moved to L'Aquila to draw attention to the city that was devastated by an earthquake in April.

THE ASSOCIATED PRESS

U.S. feeling Canadian heat

TRADE U.S. opponents of the Obama administration's Buy American provisions are working furiously under a Canadian deadline, trying to convince legislators to change the protectionist measure before a trade war erupts.

"We're all under the Canadian clock," Dawn Christof-Champney, president of the Waste and Wastewater Equipment Manufacturers Association, said yesterday.

Champney was referring to the 120-day deadline issued by the Federation of Canadian Municipalities on June 6. It gives the U.S. 120 days to exempt Canada from the Buy American provisions in U.S. President Barack Obama's economic stimulus package, or Canadian municipalities will begin shutting out U.S. firms from bidding on local contracts. THE ASSOCIATED PRESS

News in brief

COUP Honduras' newly appointed leader vowed yesterday to resist pressure from across the Americas to reinstate the president ousted in a military coup. Leaders from Hugo Chavez to Barack Obama called for the reinstatement of Manuel Zelaya, who was arrested in his pyjamas Sunday morning by soldiers who stormed his residence and flew him into exile. Roberto Micheletti insisted that Zelaya was legally removed by the courts and Congress for violating Honduras' constitution — allegedly to extend his rule.

THE ASSOCIATED PRESS

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Four charged in Beirut for suspected al-Qaida links
Four people were charged yesterday with planning attacks in Lebanon and neighbouring Syria, judicial officials said. THE ASSOCIATED PRESS

Afghan blast causes confusion

An insurgent explosion shattered the mid-morning calm of a village in the restive Panjwaii district yesterday, prompting confused gunfire from Afghan soldiers that exposed some of the frailties of their methods.

Seconds after the blast in Bazari-Panjwaii, the soldiers opened fire and a rocket landed nearby.

Their shots were almost immediately augmented by the high-pitch whine of more bullets flying from a different direction over the heads of a group of Canadian soldiers accompanying the Afghans.

While calm returned within a few minutes, it would take the rest of the morning to sort out what had happened during what should have been a routine foot patrol.

It began peacefully enough, with the Canadian-mentored Afghan soldiers taking the lead on the walk through the village.

When the blast hit, it threw out a trail of sparks and molten metal.

Then the shooting began.

Afghan soldiers would later explain they saw an insurgent running away.

However, their gunfire attracted the attention of nearby Afghan police officers at an outpost adjacent to a Canadian base.

They apparently decided to start spraying bullets in the direction of the gunfire, not realizing their military counterparts were in the area.

The confusion highlighted a glaring communications gap between Afghan soldiers and police, who frequently work the same areas in the hunt for insurgents.

"We have some adjustments to do in terms of communications," Lt. Jean-Pascal Roy said. "This is Afghanistan. This is the fog of war."

THE CANADIAN PRESS

Canadian help

- Canadian patrols afford the Afghan soldiers an opportunity to plan and execute patrols in an effort to raise their profile and hopefully instill confidence among locals in an area of high insurgent activity.

U.S. troops ready to leave Iraq

FREEDOM Hours before the deadline for U.S. combat troops to withdraw from Iraqi cities, the top American military commander in the Middle East expressed confidence yesterday that Iraqi security forces are ready despite a string of deadly bombings in recent days.

The blasts, which have killed more than 250 people, have raised concerns that violence will spike in Iraq's urban areas after the last U.S. troops leave. But the Iraqi government has said its forces are prepared and has declared today National Sovereignty Day, a public holiday that will be marked by festivities.

The celebrations began yesterday in Baghdad.

THE ASSOCIATED PRESS

News in brief

GENEVA The Red Cross says Gazans are blocked in attempting to recover from Israel's military operation six months ago. The International Committee of the Red Cross says Israeli control of border crossings is restricting imports of reconstruction, medical and other supplies. The ICRC also said in a report that seriously ill people are unable to get the care they need. THE ASSOCIATED PRESS

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Comment

Something to celebrate

NationalReport
Lawrence Martin

metronews.ca/nationalreport

With all the problems on this continent, what a nice diversion it is on Canada Day and the Fourth of July to have Iran to kick around.

Instead of the recession, the collapse of the auto sector, the wreckage in corporate America, we feast on the question of who won the Iranian election.

This type of digression is much in keeping with the Americans' way. They focus on a country with larger problems than their own and portray that country as representing danger at the door. It's called threat inflation. George W. Bush did it with Iraq. Created a bogus threat, started a major war. Bill Clinton bombed Baghdad in the very week he faced impeachment hearings over a sex scandal. Ronald Reagan took out Grenada when he faced a crisis. Lyndon Johnson hugely overstated the domino theory to promote the war in Vietnam. Before him there was the ludicrous concoction known as McCarthyism.

In Iran, we don't know who won the election. There is little doubt there was much voter fraud, but advance polls had Mahmoud Ahmadinejad far in front. He may well have won despite the fraud. But who can blame the opposition, urged on by surging support from abroad, from taking to the streets to challenge the verdict. The Mir Hossein Mousavi-led opposition, by the way, has a nuclear policy similar to Ahmadinejad's. But that is seldom mentioned.

"The world is more important than our own backyard and we now have a world leader who is fair-minded and enlightened."

The difference this time, and for this we in Canada can be grateful — is there is a cool head in the White House.

Barack Obama operates from a global perspective instead of the narrow nationalist one of his predecessor. He recognizes the historic offences perpetrated against Iran by Western powers, one example being the CIA-sponsored overthrow of the Iranian government in 1953. He speaks out against the clampdown against democratic rights in Tehran, as he should, but his overall thrust is to mend fences with the Islamic world as opposed to driving wedges. His approach is like Mikhail Gorbachev's was with the West in ending the Cold War.

From the Canadian perspective it has been a tough year. The recession will dampen Canada Day celebrations. But there is the larger picture to look at. The world is more important than our own backyard, and we now have a world leader who is fair-minded and enlightened. He's a multilateralist, not a unilateralist. He favours conciliation over confrontation. He pursues a national health-care system and nuclear disarmament. He is standing up to climate change deniers.

He is, in sum, a president who is steeped in traditional moderate Canadian values. On the American national holiday and on our own, it is something to celebrate.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Word on the street: What does it mean to be Canadian?

Levi R. McCulloch, age 23, Toronto
A: My home — an identity that strives for the ideal equality.

Bryan Sachdeva, age 23, Toronto
A: Diversity meets open arms, with a touch of regional disparity.

Danielle Miller, age 20, Winnipeg
A: I'm happy to live in a place that works to keep culture alive ... that comes together in this country's mosaic.

Zahra Jimale, age 31, Vancouver
A: I'm not one ethnicity. I've got lots of ethnicities within me so when people ask me what are you or who are you, saying Canadian defines all of that.

Bob McDonald, age 40, Calgary
A: We are surrounded by people of all races, walks of life and incomes and we manage to get along.

Sukh Toor, age 27, Vancouver
A: Being very friendly is Canadian. Saying "yes sir" or "yes ma'am" is Canadian. Stopping to give directions is Canadian.

Worth mentioning

'Dry' cleaning takes on a whole new meaning

Who says you need water to get out that pesky stain?

Instead, try thousands of tiny nylon polymer beads, a little bit of laundry detergent and just a touch of water, says a new British company called Xeros.

The company will start selling "virtually waterless" laundry technology to retail dry cleaners in the U.K. and North America, including Canada, as early as next year.

It's all but magic. Environmentally-efficient magic. In places where water is scarce, the new energy-efficient technology could save business owners a lot of money, said Robert Kuenzlen, president of GreenEarth Cleaning Canada, which has teamed up with Xeros to launch the product.

90 Used in a special washing machine on a 30-minute cycle, thousands of tiny nylon polymer beads pull stains and detergent away from the clothes. The technology uses 90 per cent less water than a regular machine, and also less detergent.

When the magic little beads have exhausted themselves — after an estimated 500 washes — they can be reprocessed and reused.

And they stop dirt and soap from funnelling down the drain.

"In a typical laundry, whether it's at your home or at a dry cleaner's establishment, everything that you wash out of the clothes basically goes down the drain for the municipality to deal with," Kuenzlen said.

TORSTAR NEWS SERVICE

Metro Online Poll Results

46% SAID YES

Do you think the threat of influenza A (H1N1), also known as swine flu, is being underplayed?
Weigh in on today's question at metronews.ca

54% SAID NO

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Air Canada secures $100-million revolving loan agreement
Air Canada said yesterday it has secured a $100-million revolving loan agreement with loyalty rewards program Aeroplan. The cash-strapped airline also said it has already drawn $79 million of that money. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Symbolic message sent

Max sentence for Madoff

Convicted swindler Bernard Madoff was sentenced to 150 years in prison yesterday for fraud so extensive the judge said he needed to send a symbolic message to those who might imitate his fraud and to victims who need relief.

Bernard Madoff

Applause broke out in the crowded Manhattan courtroom after U.S. District Judge Denny Chin issued the maximum sentence to the defendant, who said he sought no forgiveness and knew he must live "with this pain, this torment, for the rest of my life."

Chin rejected a request by Madoff's lawyer for leniency and said he disagreed that victims of the fraud were seeking mob vengeance. "Here the message must be sent that Mr. Madoff's crimes were extraordinarily evil and that this kind of manipulation of the system is not just a bloodless crime that takes place on paper, but one instead that takes a staggering toll," Chin said.

The judge said the estimate that Madoff has cost his victims more than $13 billion US was conservative because it did not include money from feeder funds.

Madoff, 71, listened as emotional witnesses described how he spoiled their security. "He stole from the rich. He stole from the poor. He stole from the in between. He had no values," said Tom Fitzmaurice. "He cheated his victims out of their money so he and his wife Ruth could live a life of luxury beyond belief."

Last week, a judge issued a preliminary $171-billion forfeiture order stripping Madoff of all his personal property, including real estate, investments, and $80 million in assets his wife Ruth had claimed were hers.

THE ASSOCIATED PRESS

PETER MORGAN/THE ASSOCIATED PRESS
Maureen Ebel, a victim of Bernard Madoff, reads a letter she wrote to Judge Denny Chin.

Canadian firms say Honduran operations unaffected by coup

CENTRAL AMERICA Two Canadian companies said yesterday their Honduran operations were not affected by the military coup in the country this weekend.

Toronto-based miner Breakwater Resources Ltd. said there has been no disruption to operations at its Mochito zinc, lead and silver mine and all production and shipping schedules are intact.

Gildan Activewear Inc. also confirmed its facilities in Honduras will operate as normal. The Montreal-based clothing manufacturer said its sock manufacturing facilities are running at full capacity, while its textile and sewing facilities are taking two weeks of scheduled downtime.

THE CANADIAN PRESS

President ousted

- Soldiers in Honduras ousted the country's democratically elected president Manuel Zelaya Sunday and named a successor, but the president has called the coup illegal and vowed to stay in power.

Business in brief

TRAVEL Toronto company GuestLogix Inc. booked its first quarter of profitability since its inception in 2002, boosted by a 156 per cent gain in revenue. The retail technology provider to the passenger travel industry posted a second-quarter net income of $33,340 or nil a share compared with a loss of $1.1 million or two cents a share from the same period a year ago.

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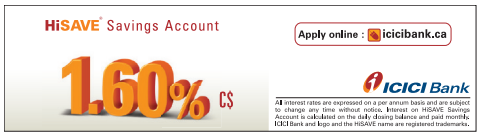
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



To save, just stay put

The 'secret' to financial success is a no-brainer

AlisonOnMoney

People often ask me for my secret to financial success. Some ideas come to mind: A hot market tip, a lottery win or a massive inheritance.

Dream on! If there is a single secret it is this — buy a home and stay there.

But I am seeing a trend towards the short-term home purchase — the plan being to stay for a couple of years, turn a profit and move up. Wrongo!

Obviously, some are forced to relocate for employment or other reasons, but moving as a choice is a big impediment to the goal of a mortgage-free home, preferably within 25 years of purchase.

Let's just talk about the cost of moving. It is incredibly expensive to bid your nest adieu and move to a new one.

From real estate and legal fees to decorating, repairing or updating both the sale home and the new one, the money mounts up. Then there are moving costs, GST on new homes, utility hookups and, increasingly, land transfer taxes.

Depending on the cost and the condition of both houses, moving within a city can total $15,000 to $35,000 and more. Typically, purchase costs get added to the mortgage so it's easy to minimize the sum in your mind.

Frequently lenders encourage buyers to apply for a home equity line of credit to pay for the "soft" costs of redecorating and purchasing new appliances. And often home buyers extend their amortization in order to keep monthly payments the same.

Such a strategy may make you feel more comfortable but the real result is reduced equity in the home, more interest paid over the amortization period and a longer road to reach the mortgage-free dream.

Try to think about a home as you would a lifetime mate.

Falling in love for life, whether with a house or a human, pays off financially and emotionally over time. Even if you must wait to buy that "for-life" home, staying put is the secret to financial success.

Alison's Money Rule:

- The real secret to financial success, a secure future and a debt-free retirement lies in the roof over your head.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Should I trust an Income Trust?

MoneyMatters

Q Recently, I inherited several thousand dollars. Income Trusts appear to give very high yields without risking my capital. Are these good investments? — Richard

A Equity investors in the past 10 years have received generous returns, that is until fall of 2008. Since then, many have reduced, repositioned or completely abandoned the stock market. Memorize this: "Investing is risky." If you do not have the stomach for any risk, get out of the market.

Income Trusts (Income Funds) were created for investors to receive distributions on a tax-efficient basis. There are four main types:

- Business Trusts
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Yields vary from five to over 20 per cent. Of course, the greater the yield, the greater the risk.

In 2006, Finance Minister Jim Flaherty announced all Income Trusts (except Real Estate Investment Trusts), starting in 2011, will be subject to corporate tax. It evens the playing field between taxed corporations and non-taxed Income Trusts. As a result, our government coffers get filled and investors receive less.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

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Norwegian Spirit + taxes & fees $128
INCLUDES 7-day NCL cruise, onboard meals & entertainment. Sail from Quebec City to Boston, cruise the Saguenay Fjord and visit Sept Iles, Charlottetown, Halifax and Portland. Port charges included. Sails Oct 16, 2009

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455 Danforth Ave.
720 King St. W
38 - 1500 Royal York Rd.
8 - 1750 The Queensway
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3 - 2610 Weston Rd.
1061 St. Clair Ave. W
104 - 5050 Dufferin St.

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Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Square)
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
101 - 6200 Dixie Rd.
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.

Oakville
Oakville Place
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18 - 2501 Third Line
760 Pacific Rd.

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Markville Shopping Centre
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1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Stouffville
1076 Hoover Park Dr.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

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Bowmanville
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Grey Cup leaders
The Toronto Argonauts were founded in 1873 and are one of the oldest professional sports franchises in North America. The team has won 15 Grey Cups in its history, the most of any team. METRO NEWS SERVICES

CFL Preview

History

The Canadian Football League was officially founded in 1958, but can trace its roots to the 1860s when rugby football started being played in Canada.
METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Montreal Alouettes

LAST SEASON 11-7.
KEY ADDITION DB Stanford Samuels.
SIGNIFICANT LOSSES OL Luke Fritz, LB Reggie Hunt.
THE BOTTOM LINE The Alouettes have been a dominant regular-season force and have advanced to six Grey Cups in the past nine seasons. But they've only won once. A healthy RB Avon Cobourne could help put them back on top.
THE BIG QUESTION The team's veteran stars — notably QB Anthony Calvillo and WR Ben Cahoon — are in the twilight of their careers. Do they have enough left to get back to the Grey Cup?

Hamilton Tiger-Cats

LAST SEASON 3-15.
KEY ADDITIONS QB Kevin Glenn, OL Dan Goodspeed, OL Alex Gauthier.
SIGNIFICANT LOSSES RB Jesse Lumsden, QB Casey Printers.
THE BOTTOM LINE The Ticats have a new look after finishing last for four straight seasons. QB Quinton Porter oozes potential and he'll need to fulfil it if the Ticats are to claw their way out of the basement.
THE BIG QUESTION With former Indianapolis Colts RB Kenton Keith out indefinitely with a knee injury, will Hamilton have the running game to succeed?

Saskatchewan Roughriders

LAST SEASON 12-6.
KEY ADDITION WR Jason Clermont.
SIGNIFICANT LOSSES LB Kitwana Jones, LB Maurice Lloyd.
THE BOTTOM LINE The Roughriders started 6-0 last season after winning the 2007 Grey Cup, but injuries and rotating quarterbacks eventually caught up with them. With a couple of key linebackers gone, they'll look to bounce back.
THE BIG QUESTION QB Dariun Durant is stepping into the spotlight as a starter for the first time in his CFL career. Will he give the Roughriders the stability they need?

Winnipeg Blue Bombers

LAST SEASON 8-10.
KEY ADDITIONS QB Stefan LeFors, DE Fred Perry.
SIGNIFICANT LOSSES SB Milt Stegall, QB Kevin Glenn, OL Alex Gauthier.
THE BOTTOM LINE New head coach Mike Kelly has overhauled the roster, making more than 30 significant changes, including the acquisition of Eskimos third-string QB Stefan LeFors to replace the released Kevin Glenn.
THE BIG QUESTION With so many new faces, the Bombers may need some time to find their way. How long will it take for Kelly and Co. to carve out their identity?

Edmonton Eskimos

LAST SEASON 10-8
KEY ADDITIONS RB Jesse Lumsden, LB Maurice Lloyd, DE Kitwana Jones, head coach Richie Hall.
SIGNIFICANT LOSSES WR Jason Tucker, WR Kelly Campbell, DB Shannon Garrett, DE Fred Perry.
THE BOTTOM LINE What the Eskimos need more than anything is to establish a running game after trailing the CFL in 2008 with an averaging of 82.5 yards per game.
THE BIG QUESTION How will an offensive line that will begin the season without retired Dan Comiskey and injured centre John Comiskey hold up in front of Ricky Ray, Jason Maas and Lumsden?

B.C. Lions

LAST SEASON 11-7
KEY ADDITIONS LB Anton McKenzie and DE Nautyn McKay-Loescher
SIGNIFICANT LOSSES DE Cameron Wake, LT Rob Murphy, RB Stefan Logan, SB Jason Clermont, RB Charles Roberts, LB Otis Floyd and LB Jamall Johnson.
THE BOTTOM LINE The winds of change are blowing through the Lions den with a number of last year's key starters gone.
THE BIG QUESTION Will the Lions truly be able to forget about two-time Most Outstanding Defensive Player Cameron Wake? GM and coach Wally Buono says the Lions will go with a committee approach when making up for Wake's 23 sacks, citing Ricky Foley and Gary Butler as linemen that have impressed. METRO CANADA

Rookie sets Argos' course

Head coach Andrus makes CFL debut at helm of Boatmen

The Toronto Argonauts are hoping coaching talent knows no boundaries.

New coach Bart Andrus' resumé includes two World Bowl titles and an appearance in the Super Bowl. But he begins his first head coaching job with no CFL experience under his belt. Adding to Andrus' challenge is he takes over a team that went 4-14 last season.

On the plus side, hiring a new face worked in Montreal. Longtime NFL assistant coach Marc Trestman guided the Alouettes to a Grey Cup berth last season, his first in the CFL.

"It's not brain surgery, it's football and football is all about blocking, tackling, speed and quickness and those type of things," Andrus said. "Most of the things that really all of us were unfamiliar with was the kicking game, but we've adapted around that."

When Andrus takes to the field to kick off the season tomorrow against the Hamilton Tiger-Cats, he will be Toronto's third head coach in a year.

Rich Stubler took over from Mike (Pinball) Clemons following the '08 season, but was fired after compiling a 4-6 record and replaced by Don Matthews. The CFL's winningest head coach came out of retirement to take the job, but posted a dismal 0-8 record in his third stint with the team before abruptly retiring again.

While he doesn't have any CFL experience, Andrus said he has a lot of confidence in CFL veteran Steve Buratto, the Argos special teams coach.

STEVE RUSSELL/TORSTAR NEWS SERVICE
Bart Andrus shows players a play as the Toronto Argonauts practise at the University of Toronto Erindale Campus in Mississauga during the team's training camp.

"Twenty-seven years of experience, I don't think there's many coaches in the CFL that have that kind of experience," said Andrus. "I think it would be a hard-pressed situation that he's unfamiliar with so I feel good at where we're at there. Offensively and defensively I don't think there's that much of a difference. I think that part of it was easier to adjust to."

To that end, Andrus will also serve as Toronto's offensive co-ordinator and call the team's plays. He takes over a unit that ranked seventh last year in points scored (378), last in yards per game (347) and tied for last in TDs scored (36).
THE CANADIAN PRESS

Stamps start season as Grey Cup favourites

DAN TOTH
for Metro Canada

The Calgary Stampeders proved they were the thoroughbreds of the Canadian Football League last year, capping a sensational 13-5 regular season with their first Grey Cup title since 2001. Now it seems the Stamps have the inside track to become the first CFL team since the 1997 Toronto Argos to successfully defend their title.

The key piece of the puzzle is quarterback Henry Burris, the Grey Cup MVP who has signed a four-year contract extension to stay in Calgary through 2012.

"Henry has proven that he's an elite quarterback in this league and a vital part of our football team," said head coach/general manager John Hufnagel. "We're ecstatic to know he'll be here for years to come."

Burris, 34, last season set career highs in passing yards (5,094), touchdown passes (39), completion percentage (64.5) and quarterback rating (103.8) while establishing his position as the CFL's top passer.

"This is the only team I can imagine playing for and I love the direction we're heading," said Burris. "I look forward to building on 2008. We all have great ambitions for the future."

The immediate future could include another Grey Cup ring. The Stampeders have 19 of their 24 starters from last November's championship game back on the roster as they prepare to kickoff the 2009 CFL season. They open their schedule by hosting a Grey Cup rematch against the Montreal Alouettes tomorrow at McMahon Stadium.

The problem is Calgary has been ravaged by injuries during training camp and could enter the season without defensive backs J.R. Ruffin and Brandon Smith in addition to playing without receivers Ken-Yon Rambo, Ryan Thelwell and Jabari Arthur. Offensive linemen Jeff Pilon and Jesse Newman also have nagging injuries.

The Stamps host the 2009 Grey Cup game Nov. 29 and are challenging to be the first team since the 1994 B.C. Lions to capture the CFL title at home. Entering the season as favourites to play in the hometown Grey Cup comes with its own challenges, but the players are dismissing the pressure.

"The fact that we won last year means we're focused on the R-word (repeat) but every year your goal is to win the championship," said Randy Chevrier.

"Nobody comes into the season saying this year we're playing for second place. Every year it's the same motivation. The game's there and that's our goal, but that's everybody's goal."

Grey Cup trivia

In 1909, Earl Grey, Governor General of Canada, donated the Grey Cup for the Rugby Football Championship of Canada. The Grey Cup championship game was first televised nationally in 1957. The trophy, along with the NHL's Stanley Cup, is one of the few in professional sports to be reissued each year instead of replaced. METRO NEWS SERVICES

CFL Preview

RENE JOHNSTON/TORSTAR NEWS SERVICE

CFL commissioner Mark Cohon is pleased the league's attendance and TV viewer numbers are up. He's also got his sights set on the eastern half of the country, working to get a team established in Ottawa and a regular-season game played in Moncton.

'CFL is Canada's league'

League commissioner Mark Cohon working to grow game coast to coast

MATTHEW WUEST
Metro Canada

Halifax appears to be all but forgotten — at least for now — in the eyes of CFL commissioner Mark Cohon.

"If we have a (regular-season) game in Moncton, we'd like to see a lot of fans from Halifax make the drive," was all Cohon would say when asked where the city fits into his plans.

Moncton has effectively shouldered Halifax out of the equation in the race to become the CFL's Atlantic expansion team and could host a regular-season game in September 2010.

A new 10,000-seat stadium — expandable to 20,000 with temporary seating — being built in Moncton for the 2010 world junior track and field championships has the New Brunswick city in the driver's seat. Halifax's inaction on the same front has Nova Scotia fading in the rearview mirror.

"We're looking forward to 2009. We think we're going to have a good year."
CFL commissioner Mark Cohon

"I've had this conversation with many people," Cohon said. "Because there is no stadium in Halifax, it makes it very difficult for the league to consider big events there."

Exploring the market in Moncton and getting a team back to Ottawa are Cohon's biggest priorities.

He said he is "working diligently" on getting a regular-season game in Moncton. Meanwhile, the ownership group of a conditional franchise in Ottawa is "making progress" in its effort to negotiate a stadium agreement with the city.

"If that comes to fruition, we're probably looking at the Ottawa team getting back into the market in 2012," Cohon said. "While hockey is Canada's game, I think the CFL is Canada's league, and we want to be in the nation's capital."

Cohon said the league faces a challenge to succeed in the face of an economic downturn, particularly in Ontario, but boasted about a number of positives for the league.

Six of eight teams broke even or turned a profit in 2008; attendance is higher than it's been in 25 years; and television ratings on TSN were up 15 per cent in 2008.

"Those two benchmarks (TV ratings and ticket sales) that are so important for the league and so critical to the success of the league have been strong," he said. "We're looking forward to 2009. We think we're going to have a good year."

Fate of Ottawa team rests in politicians' hands

MIKE BEASLEY
for Metro Canada

If you're looking to read about any updates regarding the progress of Ottawa's CFL franchise check out the local news section of the city's newspapers before flipping to the sports pages.

The whole question of whether a team will ever hit the field is in the hands of the City of Ottawa and its municipal politicians.

The issue of whether Frank Clair Stadium and Landsdowne Park, the proposed home of the new franchise is at the root of a debate between city council and four Ottawa businessman who have led the charge to get the CFL back in the city.

"We're making good progress ... But the deal has to be beneficial to both sides."
Roger Greenberg, team investor

On March 25, 2008, four local investors, led by Ottawa 67's owner Jeff Hunt, were awarded a conditional franchise after paying a $7-million fee to bring the CFL back to eastern Ontario.

The team would play at a redeveloped Frank Clair Stadium as part of a proposed overhaul of the property called Landsdowne Live as submitted by Hunt and his team.

When the conditional franchise was awarded, league commissioner Mark Cohon stated the next step in the process was ensuring Ottawa had the "right facility" to accommodate a CFL team.

The deal will only move forward if an agreement with the city is struck to build an appropriate stadium. That's where things stand now.

Now, after months of discussions and town hall meetings debating the pros and cons of redeveloping Landsdowne Park, a pivotal presentation at Ottawa City Hall on Aug. 26 may determine the future of the team.

"We're making good progress with city staff to reach an agreement in principle that we hope meets the concerns and exceeds the expectations of council and the public at large. But the deal has to be beneficial to both sides for it to work," said team investor Roger Greenberg.

With the city's approval, it will be first down and goal to go.

Without it, the CFL may never run another play in Ottawa.

2009 SEASON SCHEDULE

REGULAR SEASON

WEEK 1
WEDNESDAY, JULY 1
TORONTO at Hamilton
Montreal at Calgary

THURSDAY, JULY 2
Winnipeg at Edmonton

FRIDAY, JULY 3
B.C. at Saskatchewan

WEEK 2
THURSDAY, JULY 9
Edmonton at Montreal

FRIDAY, JULY 10
Calgary at Winnipeg
Hamilton at B.C.

SATURDAY, JULY 11
Saskatchewan at **TORONTO**

WEEK 3
THURSDAY, JULY 16
B.C. at Edmonton

FRIDAY, JULY 17
TORONTO at Calgary

SATURDAY, JULY 18
Montreal at Saskatchewan
Winnipeg at Hamilton

WEEK 4
THURSDAY, JULY 23
Hamilton at Montreal

FRIDAY, JULY 24
TORONTO at Winnipeg
Calgary at B.C.

SATURDAY, JULY 25
Edmonton at Saskatchewan

WEEK 5
THURSDAY, JULY 30
Montreal at Edmonton

FRIDAY, JULY 31
B.C. at Hamilton

SATURDAY, AUG. 1
Winnipeg at **TORONTO**
Saskatchewan at Calgary

WEEK 6
FRIDAY, AUG. 7
TORONTO at Montreal
Saskatchewan at B.C.

SATURDAY, AUG. 8
Edmonton at Hamilton
Winnipeg at Calgary

WEEK 7
THURSDAY, AUG. 13
Calgary at Edmonton

FRIDAY, AUG. 14
B.C. at **TORONTO**

SATURDAY, AUG. 15
Montreal at Winnipeg

SUNDAY, AUG. 16
Hamilton at Saskatchewan

WEEK 8
FRIDAY, AUG. 21
Saskatchewan at Montreal
Winnipeg at B.C.

WEEK 9
THURSDAY, AUG. 27
Hamilton at Edmonton

FRIDAY, AUG. 28
Calgary at **TORONTO**

WEEK 10
FRIDAY, SEPT. 4
Montreal at B.C.

SUNDAY, SEPT. 6
Winnipeg at Saskatchewan

MONDAY, SEPT. 7
TORONTO at Hamilton
Edmonton at Calgary

WEEK 11
FRIDAY, SEPT. 11
Hamilton at **TORONTO**
Calgary at Edmonton

SUNDAY, SEPT. 13
B.C. at Montreal
Saskatchewan at Winnipeg

WEEK 12
FRIDAY, SEPT. 18
Calgary at Hamilton

SATURDAY, SEPT. 19
TORONTO at B.C.

SUNDAY, SEPT. 20
Winnipeg at Montreal
Edmonton at Saskatchewan

WEEK 13
FRIDAY, SEPT. 25
Montreal at Hamilton
B.C. at Calgary

SATURDAY, SEPT. 26
Saskatchewan at Edmonton
TORONTO at Winnipeg

WEEK 14
FRIDAY, OCT. 2
Edmonton at Winnipeg
Saskatchewan at B.C.

SATURDAY, OCT. 3
Montreal at **TORONTO**
Hamilton at Calgary

WEEK 15
FRIDAY, OCT. 9
B.C. at Edmonton

SATURDAY, OCT. 10
TORONTO at Saskatchewan

MONDAY, OCT. 12
Calgary at Montreal
Winnipeg at Hamilton

WEEK 16

FRIDAY, OCT. 16
Edmonton at **TORONTO**

SATURDAY, OCT. 17
Saskatchewan at Calgary

SUNDAY, OCT. 18
Hamilton at Montreal
B.C. at Winnipeg

WEEK 17
FRIDAY, OCT. 23
Hamilton at **TORONTO**
Edmonton at Calgary

SATURDAY, OCT. 24
Montreal at Winnipeg
B.C. at Saskatchewan

WEEK 18
FRIDAY, OCT. 30
TORONTO at Edmonton

SATURDAY, OCT. 31
Saskatchewan at Hamilton
Calgary at B.C.

SUNDAY, NOV. 1
Winnipeg at Montreal

WEEK 19
FRIDAY, NOV. 6
Edmonton at B.C.

SATURDAY, NOV. 7
Montreal at **TORONTO**
Calgary at Saskatchewan

SUNDAY, NOV. 8
Hamilton at Winnipeg

***End of Regular Season**

PLAYOFFS

DIVISION SEMIFINALS
SUNDAY, NOV. 15
EAST
Third at Second Places

WEST
Third at Second Places

DIVISION FINALS
SUNDAY, NOV. 22
EAST
Semifinal Winner at First Place

WEST
Semifinal Winner at First Place

97TH GREY CUP
SUNDAY, NOV. 29
AT CALGARY
East vs. West Champions

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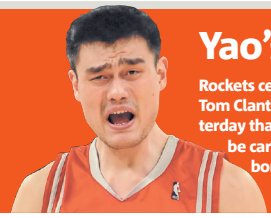
U.S. Supreme Court to hear NFL case

The U.S. Supreme Court agreed yesterday to decide whether the National Football League and its 32 teams can enter an exclusive licensing deal with a maker of team jerseys and other gear without violating federal antitrust law. THE ASSOCIATED PRESS

Sports



Yao's career may be over

Rockets centre Yao Ming's broken left foot could be a "career-threatening" injury. Dr. Tom Clanton, the Houston Rockets' team physician, told the Houston Chronicle yesterday that Yao's injury "has the potential for him missing this next season and could be career-threatening." Yao suffered a hairline fracture of the tarsal navicular bone late in a May 8 playoff game against the Los Angeles Lakers.

THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Shorter NHL deals predicted

FREE AGENCY Big names are out there. In a financial landscape that is uncertain at best, NHL general managers may be willing to spend large if not commit long-term when unrestricted free agency opens tomorrow.

The lack of major trades at the NHL draft in Montreal on the weekend indicates the men who control the purse strings are feeling conservative. The NHL's salary cap increased just $100,000 to $56.8 million US for 2009-10 after leaps of $5 million or more the last three seasons.

The economy has created uncertainty in the sports marketplace.

"The conditions that affect us all now impacted on the bottom line in baseball in terms of player salaries almost immediately, almost instantaneously," Toronto Maple Leafs GM Brian Burke said. "I predict that that's likely to happen here — mainly on term. I don't think you'll see a big decrease in dollars."

"I don't think you'll see a big decrease in dollars."
Brian Burke

So multimillion-dollar deals will still get done starting at noon ET tomorrow. Players hitting the market are too attractive for that not to happen, starting with the Sedin twins, Marian Hossa, Martin Havlat and Marian Gaborik.

The Calgary Flames got a head start on the competition to sign 25-year-old defenceman Jay Bouwmeester when they acquired his rights at the draft.

The Montreal Canadiens face a mass exodus as defencemen Mike Komisarek and Mathieu Schneider, wingers Alex Kovalev and Alex Tanguay and captain Saku Koivu are headed for the open market.

But the matched set of Henrik and Daniel Sedin are the biggest fish in the pool. The 27-year-old forwards averaged 80 points the last three seasons.

Vancouver GM Mike Gillis hasn't given up on re-signing the Swedes, but they're an expensive package deal commanding significant salary increases on their $3.5-million salaries. The Swedish newspaper Expressen reported they each want $63-million, 12-year deals.

THE CANADIAN PRESS

Rays top Blue Jays

MLB RESULTS

Tampa Bay 4 Toronto 1

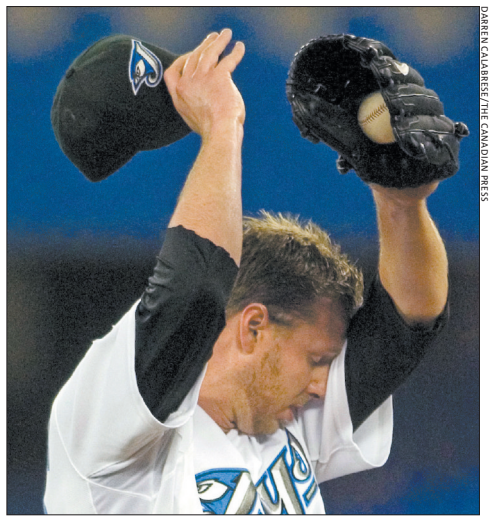
RAYS AT BLUE JAYS

Toronto welcomed back ace starter Roy Halladay last night, but he couldn't keep the Blue Jays from losing their third in a row, 4-1 to the Tampa Bay Rays.

Halladay (10-2) took the loss and the Rays' Jeff Niemann (7-4) held the Blue Jays to four hits and two walks until he was removed after Rod Barajas' run-scoring single with one out in the eighth.

The game played before 15,665 at the Rogers Centre was the first of the year between the teams.

THE CANADIAN PRESS



DARREN CALABRESE/THE CANADIAN PRESS

Toronto Blue Jays pitcher Roy Halladay wipes sweat off his brow last night while pitching against the Tampa Rays in in Toronto.

Murray, Federer reach quarters at Wimbledon

TENNIS Andy Murray has won the first match played entirely under the roof on Centre Court at Wimbledon, beating Stanislas Wawrinka in five sets yesterday.

All in all, though, the day's last match provided far more excitement than the generally open-and-shut cases that dominated the rest of the fourth round.

Five-time Wimbledon champion Roger Federer won easily, as did two-time runner-up Andy Roddick and No. 4 Novak Djokovic.

Venus Williams was way ahead when her opponent, former No. 1 Ana Ivanovic, quit with a thigh injury.

Williams' younger sister Serena, herself a two-time Wimbledon champion, and No. 4 Elena Dementieva were never challenged in their straight-set victories.

THE ASSOCIATED PRESS

Win for Nestor

• In men's doubles, Canadian Daniel Nestor and Serbian partner Nenad Zimonjic remain on track to defend their Wimbledon title. The second-seeded pair eliminated Jonathan Marray and Jamie Delado of Britain 7-5, 6-4, 6-4 to advance to the quarter-finals.

Sports in brief

SOCCER Samuel Eto'o looks set to snub Manchester City's "stratospheric" offer. Barcelona president Joan Laporta has said City is looking to make Eto'o the highest paid player in the world and a $47-million bid has been lodged by the Premier League club. But Eto'o's agent has indicated the player will see out the final year of his contract before leaving Barcelona on a free transfer next year.

HOCKEY The Carolina Hurricanes are keeping Jussi Jokinen around. Carolina agreed to a contract with the forward that pays him $3.4 million US over the next two season, the club announced yesterday. Jokinen ranked second among Hurricanes skaters with seven goals in the post-season, and tied for second with 11 points while playing in all 18 of the team's playoff games. Jokinen, 26, is in his fourth NHL season and first with Carolina following a trade from Tampa Bay on Feb. 7.

HOCKEY Ron Wilson's coaching staff for the U.S. Olympic hockey team is complete, with the addition of assistants John Tortorella and Scott Gordon. Tortorella coaches the New York Rangers and Gordon coaches the New York Islanders. Wilson, the coach of the Toronto Maple Leafs, was appointed Olympic coach in April. The latest staff decisions for next year's Vancouver Games were announced yesterday by USA Hockey.

THE ASSOCIATED PRESS

Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

FNUC claims it's being 'picked on'

At an open house last Thursday at the First Nations University of Canada's Saskatoon campus, university officials took aim at the federal and Saskatchewan governments for partially withholding funding from the institution until it makes changes to its governance. One faculty member says FNUC is being "picked on," and urges the government to "just get off its pot and start doing something more positive." METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A place where you see results

Fixing your sight can be 'one of the most rewarding operations in medicine'

Head to **Toe**

JON TATTRIE
for Metro Canada

PHOTOS SUBMITTED

Seen here some shots of the Herzig Eye Institute in Toronto. The institute offers everything from cataract surgery to Lasik procedures.

Marcel Proust once said that "the only real voyage consists not in seeking new landscapes, but in having new eyes." Ophthalmologists take that wise council literally and dedicate their professional lives to protecting and correcting their patients' vision.

"Cataract surgery is one of the most rewarding operations in medicine, for both the patient and surgeon," says Toronto specialist Sheldon Herzig of the Herzig Eye Institute. "The patient presents with a significant loss of vision, which has affected their quality of life, and in a very short time their vision is restored to a level that may even be better than it was before cataracts developed."

Basic training in ophthalmology is an onerous task: After gaining an undergraduate degree, students need to do four years of medical school followed by five years of residency. Herzig says most new medical school students have no idea what they want to study, and those who settle on eye health do so after exploring various specialties.

Herzig, who has the Proust quote on the homepage of his website, says it's an exciting field to work in, with ever-expanding cutting edge of new technologies.

"Very early in my career, I did fellowship training in both cataract and corneal surgery in the U.S. When I returned to Toronto, I introduced new techniques and instruments for cataract surgery which led to improved results," he recalls. "I have always been drawn to new technologies, which led me to develop an interest in refractive surgery — a very high-tech field. As with cataract surgery, the rewards for patients are immeasurable and very gratifying for the surgeon. Eliminating thick glasses that have been worn since childhood or restoring reading vision to an older patient is an amazing experience."

"Eliminating thick glasses that have been worn since childhood or restoring reading vision to an older patient is an amazing experience."
Dr. Sheldon Herzig

A popular technique today is Lasik surgery, an operation that uses lasers to eliminate nearsightedness, farsightedness or astigmatism. Bolstering Herzig's claims that eye health is an immensely rewarding field, Halifax child-care worker Michelle Thornhill says her recent procedure has allowed her to "live spontaneously."

"I can travel, nap, jump in a lake, go to the beach, or have a shower without worrying about damaging my contact lenses," she says. "Having better vision gives me a better sense of awareness, which is crucial in the field of child care."

That's it for Metro Workology's exclusive Head to Toe series on health-related careers. From personal trainers to homeopathic doctors and heart surgeons to yoga instructors, you can read profiles on them all and more on our website. So if you've ever been interested in a career in the medical field, check out:
metronews.ca/work

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$4 million for Mount Allison chem lab
The federal and New Brunswick governments announced Friday $4.3 million in joint infrastructure funding for renovations to Mount Allison University's Barclay Chemistry and Biochemistry Building. METRO NEWS SERVICES

Look at the bright side of a lay off

Laid-off workers talk about what they are doing with their new-found time off

RAFAEL BRUSILOW
for Metro Canada

Laid off workers today are competing in one of the toughest job markets in the nation's history and struggling with increased financial pressures. A new CareerBuilder survey finds that, despite the hardships many of these workers are facing, they are focusing on positive aspects of being in between jobs to get them through a challenging time.

More than 1,800 laid off workers participated in the nationwide survey completed in June.

Twenty-two per cent of these workers reported that they are spending more time with family and friends as they look for new employment opportunities.

Other ways laid off workers said they are making the best of a difficult situation include:

- 15 per cent are fixing up their homes
- 14 per cent are exercising more
- 11 per cent are finally taking time to relax
- eight per cent are volunteering
- seven per cent are going back to school
- six per cent are becoming more involved in their church community
- four per cent are starting their own business
- four per cent are taking up new hobbies
- three per cent are travelling

"While finding a new job and steady paycheque is definitely top of mind, laid off workers are also concentrating on activities that will help them grow personally and professionally," said Rosemary Haefner, vice-president of Human Resources at CareerBuilder. "They are reconnecting with friends and family, getting involved in the community, taking classes and exploring new career path options that may lead to a greater return in the long run."

To make ends meet today, 23 per cent of laid off workers reported they are collecting unemployment or other financial aid while another 20 per cent are cutting back on spending outside of necessity. Other means they are using to manage budgets include:

- 16 per cent are relying on savings
- 12 per cent said their spouse or significant other is supporting the household
- six per cent sold some of their belongings
- five per cent are taking odd jobs here and there
- four per cent are living on credit
- three per cent moved back home or added a roommate

"Laid off workers are also concentrating on activities that will help them grow personally and professionally."
CareerBuilder's Rosemary Haefner

This survey was conducted online by CareerBuilder among more than 1,800 laid off workers. The survey was conducted from June 10 to June 15, 2009.

With a probability sample of 1,800, one could say with a 95 per cent probability that the overall results have a sampling error of plus or minus 3.20 percentage points.

METRO NEWS SERVICES

Bridge over troubled waters

A recent survey suggests the majority of professionals believe their employers are rising to the occasion when it comes to responding to the downturn.

Nearly seven in 10 (69 per cent) workers interviewed said their companies are taking appropriate steps to weather current economic conditions. Additionally, more than half (55 per cent) feel their employers will emerge from the recession stronger than before.

Still, there is room for improvement: Three out of 10 respondents (30 per cent) said their companies are doing only some things or nothing right.

The survey was developed by Robert Half International, the world's first and largest staffing services firm specializing in accounting and finance. It was conducted by an independent research firm.

"Many employers have stepped up communication efforts to help employees understand the challenging circumstances the business faces and the basis for difficult decisions that are made," said Max Messmer, chairman and CEO of Robert Half International. "Sharing pertinent information can prevent rumors and speculation."

Messmer added, "Letting employees know how the company plans to persevere and grow also builds confidence. Professionals who feel positive about their firm's prospects are more apt to stay on board for the long term."

METRO NEWS SERVICES

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Pursuit of happiness

Canadian women more satisfied than their U.S. sisters

Talk about a hot-button issue: Despite women's social and economic gains over the last 35 years, more American women report being less happy.

In fact, a new gender gap has emerged: Men are now happier than women.

That's according to a study, The Paradox of Declining Female Happiness, by two University of Pennsylvania economists to be published in the American Economic Journal in August.

But the word's out, igniting gender battles online as both sides point fingers. "Typical complaining women," and "raving, loony feminists," snipe some males. "We have too much to do," and "sexist jerks," females retort.

Happiness, it turns out, is far more nuanced than that and varies by nationality. A Canadian expert says women here not only still top men in life satisfaction, but also score higher on the happiness scale — which includes issues of social security — than their sisters to the south. Who knew?

It's too early to tell if the American findings are a harbinger of a new gender gap here, of women's waning well-being.

ISTOCK PHOTO

According to an American study, men are happier than women; but not so in Canada, says an expert.

"Is it indicative of social trends that will catch on and spread, or is it just a feature of U.S. life?" economist John Helliwell of the Canadian Institute for Advanced Research asks rhetorically. One potential sign: Canadian teenage girls are reporting less life satisfaction than the boys.

Canadian women top men in life satisfaction, says expert

Betsey Stevenson, co-author of the Paradox study, has no easy answers. This pursuit of happiness business is serious stuff. Economists use such life satisfaction findings to help evaluate public policies, explains the assistant professor at the University of Pennsylvania's Wharton School.

She and co-author Justin Wolfers analyzed three different U.S. surveys going back to the 1970s. In all three, women's delight in life diminished more than men's. That held true for women of all ages, education levels, married or single, working or not, mothers or childless.

The two economists looked further for clues. Gauges of marital happiness showed men and women declining equally. "That's just sad," comments Stevenson. **TORSTAR NEWS SERVICE**

Tips to zap summer zits

CELIA MILNE
For Metro Canada

SKIN CARE And you thought winter was hard on your skin! Summer is tough too – hot weather and humidity can clog pores and make skin feel greasy.

Two rules to remember if you have acne: Don't pop your zits (this prolongs the healing process) and don't skip your moisturizer. Drying out your skin can stimulate more oil production.

Use a cleanser and a moisturizer that are oil-free, suggests dermatologist Dr. Jensen Yeung, director of The Psoriasis Clinic and co-director of the melanoma pigmented lesion clinic at Women's College Hospital.

Yeung likes Clean & Clear products because they have been studied extensively and formulated carefully for both teenage and adult acne.

Try Clean & Clear Deep Action Refreshing Gel Cleanser to clean your skin, and then Clean & Clear Morning Burst Shine Control Moisturizer to hydrate skin all day.

"It generally takes around four weeks to see noticeable results," says Yeung, who adds that it is important when starting a new skin-care regime to follow instructions carefully. Don't use the products more often or less often than advised.

ISTOCK PHOTO

Don't skip the moisturizer in the summer. Drying out skin can stimulate more oil production.

Health in brief

STUDY Women who take a multivitamin during pregnancy are far less likely to deliver underweight or premature babies, says a study published recently in the Canadian Medical Association Journal. The finding should prompt the World Health Organization to change its prenatal vitamin policy, which currently distributes folic acid and iron to expectant mothers in developing nations, the study's lead author says. **TORSTAR NEWS SERVICE**

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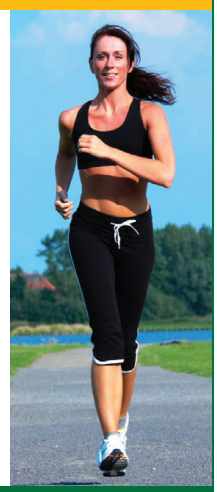
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Canada the risqué

A look at how far our national sexual identity has come along

The J Spot

ADRIEN VECZAN/TORSTAR NEWS SERVICE

The 1967 Omnibus Bill had enormous impact on our country's sexual identity, it removed homosexuality from the Criminal Code.

Canada has a colourful sexual history. While Pierre Trudeau's statement that the government had no business in the bedrooms of the nation undoubtedly influenced Canadian sexual values, it was in fact the bill he was introducing at the time — the 1967 Omnibus Bill — that has probably had more impact on our national sexual identity than any piece of legislation since. This bill made birth control and abortion more available, divorce more accessible and removed homosexuality from the Criminal Code.

Less than a decade previous to this, Canada wasn't quite as sexually liberal. The D.H. Lawrence classic Lady Chatterly's Lover was considered criminally obscene at least in Quebec as late at 1959.

But a decade after the Omnibus Bill, in 1977, Quebec became the first province to include sexual orientation in its Human Rights Code. It took the Supreme Court of Canada until 1995 to rule that sexual orientation is protected under the Canadian Charter of Rights and Freedoms but the feds made up for it by becoming the fourth country in the world to legalize same-sex marriage in 2005.

And, in the same year that gay people were celebrating their legal entry into the world of heterosexual monogamy, straight married couples were celebrating their legal right to have recreational sex with someone other than their partner when, in December of 2005, swingers' club were legalized in Canada.

You could also blame our liberal sexual attitudes on Niagara Falls. According to Chris Gudgeon, author of The Naked Truth: The Untold Story of Sex in Canada, by 1867, Niagara Falls had become the Honeymoon Capital of the World because it was "a potent symbol of the awesome natural limitlessness of the new country." From the start, Gudgeon argues, "Canada and sex were linked in the world's imagination."

CanadaDay

Our sexy rep has been solidified by people like Gwen Jacobs who took off her top on a hot day in Guelph, Ont., back in 1991, asserting she had just as much right to go topless as men. The court agreed and it became legal for women to go topless in Ontario. Toss in our nude beaches, like Wreck Beach in Vancouver and Hanlan's Point on Toronto Island, the fact that Toronto is home to the Naked News (nakednews.com) and The History of Contraception Museum, featuring the world's biggest collection of contraceptive devices, and you've got one sexy country.

From Dildo, N.L., to Bare Butt Bay in Northern Ontario, Cuddle Lake in Manitoba to The Nipples off the coast of B.C., Happy sexy Canada Day!

• Tennis, porn and Gloria Vanderbilt's steamy new novel in Josey's Sexcetera blog at metronews.ca/blog/toronto.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Studies of 'good' fat

Fight fat with fat? The newest obesity theory suggests we may one day be able to do just that.

Scientists until recently believed this good fat, which spurs the body to burn calories to generate body heat, played an important role in keeping infants warm but by adulthood was mostly gone or inactive.

Now three studies — from researchers in Boston, Finland and the Netherlands — show that some good fat remains in adults, affecting metabolism and potentially offering a target to help people shed pounds.

Dr. Francesco Celi, an endocrinology and metabolism researcher at the National Institute of Diabetes and Digestive and Kidney Diseases, said the studies show this fat burns large amounts of energy.

"So it could be used as a target" for a pill that would somehow rev up the fat, he said.

Dr. Louis Aronne, former president of the Obesity Society and a weight control expert at Weill Cornell Medical Center in New York, said the findings are the most conclusive evidence so far of the role of such fat in regulating body temperature and weight.

"I don't want to use the word 'exercise-in-a-pill,' but it's doing something (that's) getting rid of calories," he said, adding that any obesity treatment developed around the fat could be a potential treatment for diabetes as well.

The studies were published in New England Journal of Medicine.

The good fat is actually brownish, while the more predominant bad fat is white or yellow.

Brown fat is stored mostly around the neck and under the collarbone. White fat tends to concentrate around the waistline, where it stores excess energy and releases chemicals that control metabolism and the use of insulin.

THE ASSOCIATED PRESS

Health in brief

GARDENING A rain barrel that fills with water via your home's roof gutters is an eco-friendly way to nourish your garden or rinse the deck, because the rainwater replaces the hose water you'd use otherwise. The bonus? A rain barrel reduces your water bill. You can get one with a pretty planter top: The Algreen Cascata rain barrel, with a capacity of 65 gallons (300 litres), has a sleek design. ($150-$175, 25x33x43 in./62x84x109 cm, Home Hardware, homehardware.ca).

BEST HEALTH MAGAZINE

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Bee a queen bee

BEAUTY Burt's Bees, famous for its earth-friendly personal care products, has a new lotion with an SPF 15, to protect skin against the sun's rays. Burt's Bees Radiance Day Lotion contains royal jelly, the exclusive diet of the queen bee, thought to be the reason the queen bee lives 40 times longer than worker bees. This product does not contain parabens or phthalates, chemicals often found in sunscreens, that may be linked to cancer. Burt's Bees sunscreen is certified by the Natural Products Association and will be available in specialty, health and drug stores, starting in October 2009.

CELIA MILNE/ FOR METRO CANADA

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You've heard of a low-carb diet, but have you heard about a low-carbon diet? At eatlowcarbon.org, you can calculate how much carbon impact your food choices have on the environment. **BEST HEALTH MAGAZINE**

Health in brief

POLL Stress over grades. Financial worries. Trouble sleeping. Feeling hopeless. So much for those carefree college days. The vast majority of U.S. college students are feeling stressed these days, and significant numbers are at risk of depression, according to an Associated Press-mtvU poll. Eighty-five per cent of the students reported feeling stress in their daily lives. **THE ASSOCIATED PRESS**

TEST A research institute devoted to Alzheimer's and related diseases has teamed up with a major maker of diagnostic tests to speed development of what could be the first test to detect Alzheimer's in its early stages. If all goes well, the first commercial version of the test could be available in 12 to 18 months, possibly enabling patients to try to slow progression of the disease. **THE ASSOCIATED PRESS**

Freshen up your pantry

The rule of thumb: When in doubt, throw it out.

The top reason to trash a can is if its shape has changed. If a tin is bulging, don't open it, says Jorie Janzen, a Winnipeg dietitian. "Bacteria may be growing, which can lead to illness if consumed."

Also, if a can is dented, there's a chance the food is spoiled. "The weakened tin could be punctured, even if no hole is visible," says Nancy Saunders, a dietitian based in Ormstown, Que. And toss any can with rust on it.

Even if a can looks fine, check the "best before" date. (Acidic foods, such as tomato paste, can last up to 18 months, and low-acid foods, such as chickpeas, can keep for one to two years).

Freshen cupboards by cleaning them well. Note that food-storage cupboards should be dark, cool and dry; avoid storing canned goods over the stove or under the sink. If you have glass-fronted cabinets, keep dishes in them, not food. "Light and heat can deteriorate the nutrition and flavours of packaged foods," says Janzen.

If you use food-storage containers, ensure they are tightly sealed. And with any food in your pantry, always use the "first in, first out" approach.

besthealthmag.ca
Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca

TORSTAR FILE PHOTO

Food storage cupboards should be dark, cool and dry to avoid deterioration of food's nutrition and flavours.

Sun-sensitive bracelet

SKINCARE The UV index is climbing.

And just in time comes the UVSunSense, a plastic wristband touted to monitor sun exposure and tell you when to reach for the sunscreen, and when to get out of the sun.

Place the band on the wrist, colour side up. Apply sunscreen to skin and the wristband, which then turns purple when exposed to UV and UVA rays. Reapply sunscreen when the band fades. Cover up or head inside when the words "Apply sunscreen to this side" completely disappear.

UVSunSense president John Horovitz says the recyclable bracelet is calibrated to work with a minimum SPF 15, and will respond with higher levels of protection. It especially helps parents keep an eye on their kids' sun exposure, he says. (See uvsunsense.com for more info.)

But Dr. Cheryl Rosen, of the Canadian Dermatology Association, notes: "There are differences between different people in how sensitive they are to UV ... You should be out there when you need to be out there, to be active, playing a game of tennis, canoeing, but you don't want to stay out there until the second before you burn."

As well, says Rosen, "I don't know if the amount of sun you get on your wrist is the same amount that you get on your nose,"

The bands are available to Canadians online (amazon.com or drugsdepot.com) for $5.87 (U.S.) for a seven-pack.

Environment Canada scientists predict that UV radiation levels will be three per cent higher this summer than pre-1980 levels, due to the thinning ozone layer.

TORSTAR NEWS SERVICES

TORSTAR FILE PHOTO

It's time to reapply your sunscreen when the purple colour on the band of your UVSunSense bracelet fades.

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BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: one capsule per day

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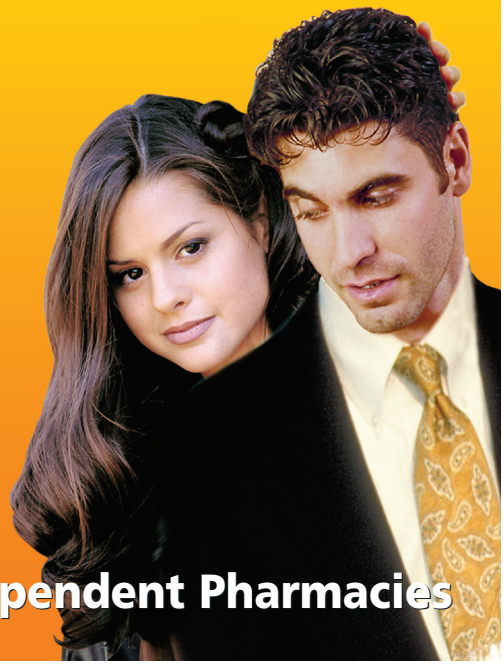
www.biofen.com



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Make dinner spontaneous

Download the free phone application at allrecipes.com/features/more/iphone.aspx for dinner ideas. Enter the type of dish you want and any ingredients you have, and get step-by-step instructions for an appropriate recipe. **BEST HEALTH MAGAZINE**

Good pool hygiene

Experts stress: Shower before entering, don't pee in the pool

There's a famous scene in the 1980 movie Caddyshack that shows a chocolate bar being dropped into a country club swimming pool. Horrified swimmers clear the pool because they think the clean blue waters have been sullied by — well, the unmentionable.

But what about the contaminants you can't see?

It's not something you really want to ponder as the weather warms up and you head to your public pool for a refreshing dip, but a recent U.S. survey found that nearly one in five Americans admit to peeing in the pool.

MOHAMMED BALLAS/THE CANADIAN PRESS

It's not something you really want to ponder as you head to your public pool for a refreshing dip, but a recent U.S. survey found that nearly one in five Americans admit to peeing in the pool.

"People sometimes are reluctant to say that they've done it but they think that everyone else has done it," says Linda Golodner, president emeritus of the National Consumers League and vice-chair of the Water Quality and Health Council.

"We found 17 per cent say that they've done it and 78 per cent say they're convinced that fellow swimmers are guilty."

And although public pools everywhere have signs telling bathers to shower before entering the pool deck area, approximately one third said they don't stop to wash and three quarters said that fellow swimmers don't shower before swimming.

"We found it quite interesting to get these results," says Golodner from Washington, D.C. "We knew there was an issue, but we didn't have any numbers behind it."

Altogether 1,000 adults were surveyed online for the council between April 30 and May 3 by TNS Omnibus, and the margin of error was plus or minus 3.1 percentage points, at 95 per cent confidence.

The council is made up of independent scientific experts, health professionals and consumer advocates who advise the Chlorine Chemistry Division of the American Chemistry Council, an industry trade association.

Cathy Hughes, a facility manager at the University of Toronto's faculty of physical education and health, says she's not surprised by the finding that 17 per cent of respondents admitted to urinating in a pool.

Assuming that a facility is meeting the health regulation requirements for the province, which sets the chlorine levels to treat the water, then there isn't a problem of infection, she says. "Anything that gets into the water is pretty well killed instantaneously," says Hughes, who oversees three University of Toronto pools.

"The bigger concern is actually air quality, not water quality, which most people don't realize."

That's because when uric acid from urine mixes with chlorinated water, chloramines are formed. These, in turn, form into the gas trichloromethane, which is not good to breathe for long periods.

The gases tend to sit low on the water's surface, which is where swimmers breathe, Hughes explained, adding that it's more of an issue at indoor pools where the breezes can't blow the gases away.

It is thought these gases pose a health risk to people who breathe them in frequently.

THE CANADIAN PRESS

Swimming tips

The U.S. Centers for Disease Control and Prevention provides these tips for healthy swimming:

- Don't swim when you have diarrhea.
- Don't swallow pool water.
- Shower with soap before swimming and wash hands after using the toilet or changing diapers.
- Take your kids on bathroom breaks or check diapers often. Don't change diapers at poolside.
- Wash children thoroughly (especially the rear end) with soap and water before they go swimming.

THE CANADIAN PRESS

Eco-Atkins diet good for heart

FOOD A vegetarian, low-carb diet may be the best way to lose weight and boost heart health.

Researchers in Toronto tested a diet nicknamed the "Eco-Atkins diet." It is a low-calorie, low carbohydrate diet that is high in plant-based proteins. In the study, 22 overweight patients followed the diet for four weeks. They lost, on average, about 4 kg (8.8 lbs). The results were exciting because the diet also had positive effects on cardiovascular health: reduced LDL ("bad") cholesterol, improved blood pressure and fewer fats in the blood.

This is an improvement on the standard Atkins diet because it protects against the raised LDL cholesterol associated with eating meat, said author Dr. David Jenkins from St. Michael's Hospital. The study was published in the June 8 edition of the Archives of Internal Medicine.

CELIA MILNE/FOR METRO CANADA

In brief

DEPRESSION A group of Canadian clinicians say they think the incidence of postpartum depression could be reduced by a simple remedy — sleep. A few years ago, Dr. Meir Steiner noticed mothers who had previously battled the mood disorder were telling him they feared another bout due to the fatigue they were experiencing during their subsequent pregnancy. THE ASSOCIATED PRESS

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Healthy family eating habits
Eating at least five family meals a week may help kids develop healthy eating habits, a new study reveals. Adolescents who eat regularly with their family also consume more vegetables, fibre and essential nutrients. **BEST HEALTH MAGAZINE**

Beauty bar roundup

RHONDA ROVAN
for Metro Canada

Fresh Suds
My shower puff has rarely met a gel it didn't like, but this one just might knock the others off the shelf. Jardins du Monde Comoran Ylang-Ylang from Yves Rocher has a subtle floral scent that's perfect for summer. ($8, 250 mL)

Gutsy Hair
Sally Hershberger (as famous as her celebrity clientele) has bottled her edgy expertise into nicely priced hairstyling products. Supreme Lift gives normal to thin locks "guts and volume" and protection from styling heat. ($12, 125 mL)

Sun-Kissed
Bronze beauty products are a way to look summer-sexy without UV damage. Try this powder and lip gloss for an easy pulled-together look. From left: Physicians Formula Bronze Booster Glow-Boosting Pressed Powder, which works both as a gradual self-tanner and a bronzing powder ($22, 9 g); and M.A.C Lipglass in Pretty Pattern ($21, 5 mL)

Gene Science
Lancôme Génifique "youth activating" serum is the result of research into genes and proteins. So what does this luxe potion (with a price to match) in a luminous bottle do? Génifique — for women of all ages — was formulated to keep the proteins on our skin's surface healthy. In turn, that helps maintain plumpness and radiance. ($92, 30 mL)

Revived Eyes
In the world of beauty, plain English is refreshing. Take Avon's new product with a straight-talking name: Anew Clinical Crow's Feet Corrector. This two-in-one wrinkle treatment is a gentle exfoliant on one side (recommended for three times a week), and a silky eye cream on the other for daily use. ($39, 20 mL)

Mascara Buzz
If you're curious to try an oscillating mascara, this one pulses in at about half the price of others on the market. Maybelline Pulse Perfection Vibrating Mascara promises a lustrously smooth, lash-extending coating. ($19, 6.5 mL)

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Crowe's big tip

Russell Crowe serenaded staff at a Welsh pub before leaving them a more than $1,000 tip. The actor surprised locals when he took nine friends for a meal at the Carew Inn, near Tenby, last week. FEMALEFIRST.CO.UK

Entertainment

Farrah's story

ABC's rebroadcast of Farrah's Story drew a larger audience than specials chronicling the life of Michael Jackson on Friday night. The Fawcett documentary drew 8.23 million viewers. STUDIOBRIEFING.NET

EDITOR: DEAN.LISK@METRONEWS.CA

GETTY IMAGES

Janet Jackson speaks at the BET Awards in Los Angeles.

Jackson had faint pulse

PEOPLE Michael Jackson still had a faint pulse and his body was warm when his doctor found him in bed and not breathing, a lawyer for the doctor told The Associated Press on Sunday.

Edward Chernoff also said Dr. Conrad Murray never prescribed or gave Jackson the drugs Demerol or OxyContin. He denied reports suggesting Murray gave Jackson drugs that contributed to his death.

"He just happened to find him in his bed, and he wasn't breathing," the lawyer said. "Mr. Jackson was still warm and had a pulse."

Three days after the death of the King of Pop, celebrities descended on Los Angeles for a spectacular celebration of Jackson's life at the annual BET awards show.

A tearful Janet Jackson appeared on stage in a white dress at the end of the BET awards. After a long pause to gather herself, she spoke haltingly but deliberately to the audience. "I'd just like to say that to you, Michael is an icon. To us, Michael is family. And he will forever live in all of our hearts," she said. THE ASSOCIATED PRESS

Mother files for custody

Michael Jackson's mother is caring for the singer's three children and asked the court yesterday to declare her their guardian.

The guardianship papers were filed in Los Angeles Superior Court. A hearing has been set for Aug 3.

Jackson left behind three children: Michael Joseph Jackson Jr., known as Prince Michael, 12; Paris Michael Katherine Jackson, 11; and Prince Michael II, 7. The youngest son was born to a surrogate mother.

The filings show that Katherine Jackson is also petitioning to take over the children's estate. Its value is listed as "unknown" in the filing.

The filing lists the children as living at the Jacksons' family compound in the San Fernando Valley, northwest of Los Angeles.

"Minor children are currently residing with paternal grandmother," the filing states in an explanation of why Katherine Jackson should be appointed guardian. "They have a long established relationship with paternal grandmother and are comfortable in her care."

The filings provide no other declarations by Katherine Jackson, nor do they state whether Michael Jackson left a will.

The filings note that Deborah Rowe is the mother of the Jackson's two eldest children, but list her whereabouts as "unknown." An email message sent to Rowe's attorney seeking comment wasn't immediately returned Monday morning.

For Michael Jackson's third child, nicknamed as Blanket, the filing states "None" for the mother.

Londell McMillan, the Jacksons' attorney, said the family hasn't heard from Deborah Rowe, the mother of Jackson's two oldest children, about custody.

"I don't think there will be anybody who thinks that there is someone better" than Katherine Jackson to have custody, McMillan said yesterday on NBC's Today show. "She is a very loving host of other grandchildren."

ROBYN BECK/THE ASSOCIATED PRESS

Katherine Jackson, mother of Michael Jackson, is seeking custody of the late pop star's three children.

McMillan also said on the Today show that the family was "quite clearly troubled" about the circumstances surrounding the death, given that Jackson had appeared healthy enough to be rehearsing for his upcoming concerts in London.

Asked whether the family suspected foul play, McMillan said those words were "too strong an indictment."

Edward Chernoff, a lawyer for Michael Jackson's doctor, Dr. Conrad Murray, said in an interview Sunday with The Associated Press that Jackson still had a faint pulse and a warm body when Murray found him in bed and not breathing Thursday afternoon.

Chernoff said his client never gave or prescribed Jackson the painkillers Demerol or OxyContin, and denied reports suggesting that the doctor gave the pop star drugs that contributed to his death.

Los Angeles County coroner's officials said their autopsy found no indication of trauma or foul play. But because of additional tests, an official cause of death could take weeks to determine. Jackson's family has requested a private autopsy. THE ASSOCIATED PRESS

Brothers visit Neverland ranch

Three of the brothers who sang and danced beside Michael Jackson in the Jackson 5 made a private visit to the pop star's Neverland Ranch, where they walked the manicured grounds and reminisced about his life.

Jackie, Jermaine and Tito Jackson were joined for lunch Saturday at the estate by billionaire investor Thomas Barrack, who previously set up a joint venture with Michael Jackson that took control of the ranch after the singer nearly lost it to foreclosure last year.

It's not known what will become of the 1,012-hectare, Santa Barbara County ranch, a major piece of the singer's debt-strapped financial empire. There have been unconfirmed reports that it could become a memorial or museum honouring Jackson's legacy in the mould of Elvis Presley's Graceland.

It's "premature to talk about the future of the property," said Owen Blicksilver, a spokesman for Colony Capital LLC, the Los Angeles-based firm where Barrack is chairman and CEO. Barrack "feels very close to the family and wants to hear their thoughts about how best to honour Michael's memory," Blicksilver said.

The ranch in the rolling hills of central California wine country was set to be sold in March 2008 because of missed payments on a $24.5 US million loan, but Jackson managed to cut an 11th-hour deal to keep it off the auction block.

He was 29 and at the height of his popularity when he bought the ranch, naming it after the mythical land of Peter Pan, where boys never grow up.

At once a symbol of Jackson's success and excesses, Neverland became the site of a makeshift memorial after his death Thursday. THE ASSOCIATED PRESS

GETTY IMAGES

The Neverland Ranch in Santa Barbara County, Calif.

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Emma turns punk

Emma Watson has left her schoolgirl image firmly behind in favour of a punky new look. The Harry Potter star appears on the cover if the latest Elle magazine looking like a sexy rock chick. FEMALEFIRST.CO.UK

Ice Age 3 uninspired

Ice Age: Dawn of the Dinosaurs

Director: Carlos Saldanha, Mike Thurmeier
Stars: Ray Romano, Queen Latifah
Classification: PG
Rating: ⊕⊕⊕½

STEVE GOW
for Metro Canada

The usual gang of prehistoric creatures go on a new adventure in Ice Age: Dawn of the Dinosaurs.

The problem with Pixar (and thereby Dawn of the Dinosaurs) is that the studio behind such clever hits as Up and Wall-E has ensured all other studio attempts at animated family-fare seem juvenile and artless — Fox's Ice Age 3 included.

Sure, the return of mastodons Manny (Ray Romano), Ellie (Queen Latifah) and the rest of the prehistoric herd will appeal to many children (especially in 3-D), but beyond a mere 90-minute distraction, there's not much for the kids to take home.

Now expecting a child, Manny and Ellie discover that below the ice-covered surface lies a world where ferocious dinosaurs still roam. When John Leguizamo-voiced Sid the sloth (who attempts to mother a trio of unhatched dinosaur eggs) is carted away by the real mom, the rest of the clan set out on a search and rescue mission.

Led by Buck the swashbuckling weasel, the group treks across dangerous jungles and the Chasm of Death (which is so-named because "Big Smelly Crack … just made everyone giggle").

If that made you giggle, perhaps this comedy will resonate since its high points are mostly highlighted by gags about plants barfing, dinosaur mucous and flatulence (as Buck states, "He who has gas travels at the back of the pack").

There's surely no denying the production values; the animation is vibrant and detailed.

Plus, the success of the franchise will guarantee a following; but this third journey is ordinary, uninspired and about as progressive as the ice age itself. In the film's own vernacular, that which is full of gas travels at the back of the pack.

• For Ice Age: Dawn of the Dinosaurs photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Ice Age 3 screen times

• **DOWNTOWN:** Scotiabank Theatre, Wed-Thu 1-3:40-6:20, 3-D Wed-Thu 11:15-12-1:45-2:30-4:20-5-6:50-7:40-9:30-10:10; Market Square, Wed-Thu 12:40-2:50-5-7:10-9:10; Yonge-Eglinton Centre, Wed-Thu 11:50-2:30-5-7:30-10:10.

• **WEST END:** Queensway, Wed 1-3:40-6:20-9 Thu 1:05-3:40-6:30-9, 3-D Wed 11:15-12-1:45-2:30-4:20-5-6:50-7:40-9:30-10:10 Thu 11:30-12-2-2:30-4:30-5-7:05-7:30-9:30-10; Woodbine Centre, Wed-Thu 12:40-2:45-4:50-7-9:10.

• **EAST END:** Beach Cinemas, Wed-Thu 11:45-2:15-4:45-7:15-9:45.

• **NORTH YORK:** Sheppard Grande, Wed-Thu 11:30-2-4:30-7-9:30, 3-D Wed-Thu 12-2:30-5-7:30-10; SilverCity Yorkdale 6, Wed-Thu 11:45-2:20-5-7:30-10:10; Silvercity Fairview, Wed-Thu 12-2:30-5-7:30-10:10.

• **SCARBOROUGH:** Coliseum Scarborough, Wed-Thu 12:30-3:35-6:50-9:30, 3-D Wed-Thu 12-2:30-5-7:30-10; Eglinton Town Centre, Wed-Thu 11:15-1:45-4:20-6:50-9:30, 3-D Wed-Thu 12-2:30-5-7:40-10:10; 401 & Morningside, Wed-Thu 12:20-1-2:40-3:40-5-6-7:30-8:45-9:45.

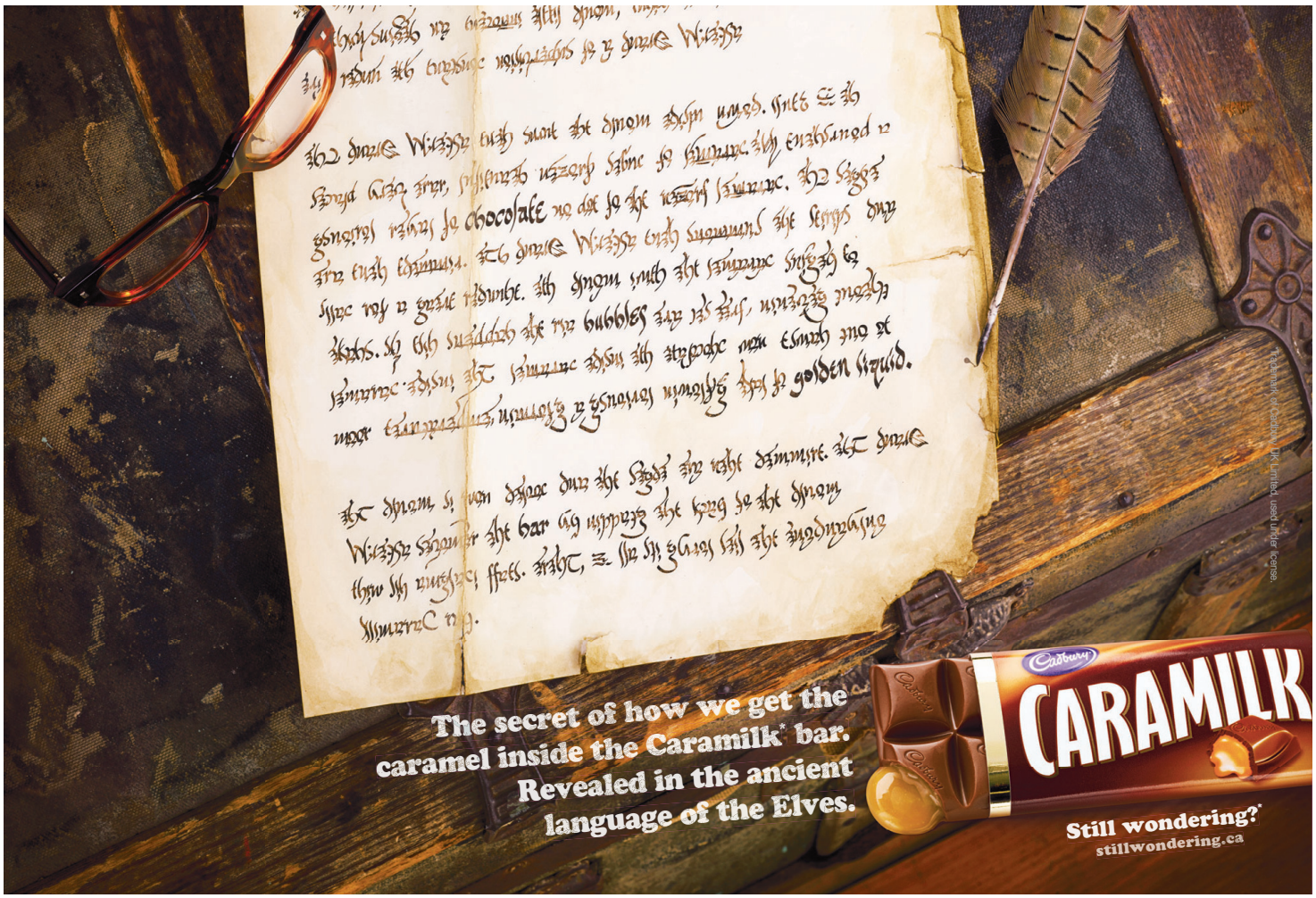
• **PEEL REGION:** Coliseum 10, Wed-Thu 11:15-1:45-4:20-6:50-9:30, 3-D Wed-Thu 12-2:30-5-7:30-10; Courtney Park 16, Wed-Thu 10:40-11:25-1:20-2:05-3:55-4:40-6:35-7:20-9:05-9:50; Orion Gate Grande, Wed-Thu 11:15-1:45-4:20-6:50-9:35; SilverCity Mississauga, Wed-Thu 11:30-1-2-3:40-4:30-6:30-7-9-9:30, 3-D Wed-Thu 12-2:30-5-7:30-10.

• **YORK REGION:** Aurora Cinemas, Wed-Thu 11:45-2:15-4:45-7:15-9:45; Elgin Mills 10, Wed-Thu 12:20-1:20-3:20-4:30-6:30-7:20-9:30-10; First Markham Place, Wed-Thu 11:45-2:30-5-7:40-10:10; Interchange 30, Wed. 12:01 a.m.; SilverCity Newmarket, Wed 11:30-2-4:30-7-9:30 Thu 11:15-1:45-4:20-6:50-9:30, 3-D Wed-Thu 12-2:30-5-7:30-10; SilverCity Richmond Hill, Wed-Thu 11:15-1:45-4:20-6:50-9:30, 3-D Wed-Thu 12-2:30-5-7:30-10.

• **HALTON:** SilverCity Burlington 8, Wed-Thu 12-1-2:30-4-5-6:45-7:30-9:20-10; SilverCity Oakville Cinemas, Wed-Thu 11:50-2:30-5-7:30-10; SilverCity Brampton, Wed-Thu 11:15-1:45-4:20-6:50-9:30.

• **DURHAM:** Ajax, Wed-Thu 12:30-2:50-7:10-9:30; Pickering 8, Wed-Thu 11:45-2:20-4:50-7:25-9:55; Whitby 24, Wed 11:30-2-4:30-7-9:30 Thu 2-4:30-7-9:30, 3-D Wed 12:01 a.m.-11-1:30-4-6:30-9 Thu 1:30-4-6:30-9.

• *Times are subject to change. Complete listings are also available at metronews.ca/movies.*



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Transformers sequel inching toward $400M
After just five days, Transformers: Revenge of the Fallen is halfway to $400 million domestically, a box-office milestone only eight other movies have reached. METRO NEWS SERVICES

A gangster classic

Public Enemies
Director: Michael Mann
Stars: Johnny Depp, Christian Bale
Classification: 14A
Rating: ⊕⊕⊕⊕½

CHRIS ALEXANDER
for Metro Canada

Johnny Depp plays Depression-era American gangster John Dillinger in Public Enemies.

There are many reasons to take in the massive pulp gangster epic Public Enemies, and no doubt, the chief feature the studio is banking on to pull in the pundits is the presence of poster boy Johnny Depp.

But in the grand tapestry of it all, Depp's admittedly charismatic performance isn't the most resonant element in director Michael Mann's ultra-stylized, retro shoot 'em up.

The beloved big screen sex symbol stars as real life 1930's American outlaw John Dillinger, who, like the equally loathed/loved Bonnie and Clyde, forged his name robbing banks during the Great Depression, amassing more press than any movie star dared even dreamed of achieving in the process.

His glamorous rampage is dogged by rock jawed FBI agent Melvin Purvis (a typically engaging Christian Bale) and much macho confrontation and blood spattered gun battles ensue.

Narrative drive isn't the focus of Mann's hypnotic crime opera, rather, like his classic and influential 1995 crime drama masterpiece Heat, the accent is on tone, atmosphere, texture and fetishizing violence to the point of lyricism. When men point Tommy guns at each other and bullets meet bone in a Mann film, it's as ferocious and primal as it is jarringly beautiful.

And while Depp is never anything less than entertaining as Dillinger, he's basically just being Depp in fancy-lad clothing — likeable and visually striking as always but cartoonish and never really revealing the emotional arc that the character truly requires to make him flesh and blood. Better still is Bale, who excels in a smaller, less showy but more controlled role and gorgeous French actress Marion Cotillard (La Vie en Rose) who adds weight in a complex turn as Dillinger's moll. Better than any of them however, is British actor Stephen Graham (Inkheart) who, as psychotic Dillinger accomplice Baby Face Nelson, steals every scene he's in.

Public Enemies is a towering piece of work, as much a love letter to vintage Warner Bros. gangster melodramas as it is an extension of the shadowy good vs. evil urban jungle Mann began observing in the original Miami Vice. In other words, an instant cops-and-robbers classic.

• For Public Enemies photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Public Enemies screen times

• **DOWNTOWN:** Scotiabank Theatre, Wed-Thu 11:50-12:40-3:20-4:10-7:10-7:50-10:20-11:10; Market Square, Wed-Thu 12:45-3:40-6:40-9:35; Varsity, Wed-Thu 12:20-3:40-7:05-10:20 Wed-Thu 12:05-3:05-6:45-9:55; Yonge-Eglinton Centre, Wed-Thu 11:40-3:15-6:40-10:15.

• **WEST END:** Queensway, Wed-Thu 12:05-12:40-3:35-4:10-7:10-7:40-10:25-10:55; Woodbine Centre, Wed-Thu 12:50-3:45-6:45-9:35.

• **NORTH YORK:** Empress Walk, Wed-Thu 12:45-1:30-4-4:45-7-8-10:10-11; SilverCity Yorkdale 6, Wed-Thu 11:50-3:10-6:40-10:15; Silvercity Fairview, Wed-Thu 12:30-4-7:20-10:45.

• **SCARBOROUGH:** Coliseum Scarborough, Wed-Thu 12:05-12:35-3:30-4-6:55-7:25-10:10-10:40; Eglinton Town Centre, Wed-Thu 11:40-12:40-3:10-4:15-6:25-7:25-9:40-10:40; 401 & Morningside, Wed-Thu 12:50-4-7-10:20

• **PEEL REGION:** Coliseum 10, Wed-Thu 11:45-12:45-3:10-4:10-6:40-7:40-10:10-11:15; Courtney Park 16, Wed 12:01 a.m. Wed-Thu 10:35-12:30-1:40-3:45-4:50-7:10-7:50-10:25-11:05; Orion Gate Grande, Wed-Thu 11:55-3:10-6:35-9:50;

• **YORK REGION:** Aurora Cinemas, Wed-Thu 11:50-3:15-6:40-10:15; Colossus 19, Wed-Thu 11:50-12:25-12:55-3:15-3:50-4:20-6:45-7:15-7:45-10:10-10:50-11:20; Elgin Mills 10, Wed-Thu 12:10-3:50-7:15-10:30; First Markham Place, Wed-Thu 12:45-4-7:15-10:40; Promenade Mall, Wed-Thu 1:15-4:05-6:55-9:35; SilverCity Newmarket, Wed-Thu 11:45-11:50-3:05-3:55-6:20-7:40-9:45-10:50; SilverCity Richmond Hill, Wed-Thu 11:45-12:15-3:15-3:45-7:10-7:40-10:30-11.

• **HALTON:** SilverCity Burlington 8, Wed-Thu 12:15-3:30-6:50-10:15; SilverCity Oakville Cinemas, Wed-Thu 12:10-3:30-6:50-10:25 Wed-Thu 12-3:20-6:50-10:20; SilverCity Brampton, Wed-Thu 11:45-12:45-3:20-4:10-7:05-7:45-10:25-11:10; Winston Churchill, Wed 12:01 a.m. Wed-Thu 10-11-11:45-12:30-1:15-2-3-3:45-4:30-5:15-6:15-7-7:45-8:30-9:30-10:15-11-11:45.

• **DURHAM:** Ajax, Wed-Thu 12:15-3:40-6:55-10:15; Pickering 8, Wed-Thu 12:10-3:30-6:50-10:05; Whitby 24, Wed. 12:01 a.m. Wed 10-1:15-4:30-7:45-11 Thu 1:15-4:30-7:45-11.

• Times are subject to change. Complete listings are also available at metronews.ca/movies

Brüno plays love games Down Under

ALTER EGO British comedian Sacha Baron Cohen's new character has a thing for Australia's wonkish prime minister.

Baron Cohen, once better known as the clueless Kazakh journalist Borat, is now in a new guise as a gay Austrian fashionista, Brüno.

In Sydney for the Australian premiere of his new movie, Baron Cohen appeared at a news conference yesterday in a tight-fitting schoolboy uniform and told reporters of his meeting with Prime Minister Kevin Rudd the night before on a talk show.

"The reason I'm late is I just had breakfast in bed with Kevin Rudd," he said. "That guy is like, uber cute. I thought Obama was, like, the hottest guy in the world until I met Kevin."

Baron Cohen met Rudd the night before on the set of popular talk show Rove Live. Rudd joked on the program that he was worried when he found out he would be on the same show as Brüno.

THE ASSOCIATED PRESS

Goodman's all good

Dancing With the Stars judge Len Goodman has admitted he was diagnosed with prostate cancer in March, but tells Britain's Mail on Sunday the disease was caught early at an annual check-up and, after surgery, he feels "right as rain." EONLINE.COM

Sonic Youth slows it down

Much-loved band spent far longer than usual on new disc

KEITH CARMAN
for Metro Canada

It only took New York-based alternative/experimental rockers Sonic Youth 30 years to realize that when you're patient, things turn out exponentially better.

Since 1981, guitarist Thurston Moore, bassist/guitarist Kim Gordon, guitarist Lee Ranaldo, bassist Mark Ibold and drummer Steve Shelley have been hammering out albums at the nearly unshakeable pace of every year and a half; in the process, they helped define the No Wave and ensuing noise, indie and alternative rock sub-genres with their avant-garde approach to combining the basic band structure with, well, whatever the hell they wanted.

Sonic Youth plays Massey Hall tonight

It's worked, making them last longer than most musical trends. Recent studio effort The Eternal (Matador Records) is their 16th overall.

Instantly heralded as their strongest work in years, The Eternal knows no limits of praise, a wondrous feat given that their entire catalogue is already considered a high watermark.

That is, almost every one of their releases is considered essential from the likes of legendary acts such as Nirvana all the way down to your neighbourhood jam band.

So what is it about this 12-track effort that shines so bright? The Eternal was three years — aeons by Sonic Youth standards — in the making. The band took its time.

"We've been on this reliable track (putting out albums every year-and-a-half) but since we took time off for other endeavours, it took us longer to get to this," admits Ranaldo. "All of that time was good for us to simmer. This is such a strong record, whatever time it took to make it was worth it."

Otherwise occupied with ventures such as touring in nostalgic support of their revered 1988 effort Daydream Nation and creating a travelling museum exhibition based on their deep history, Ranaldo admits that actually getting to The Eternal seemed a bit of a chore for Sonic Youth.

However, after hunkering down, they quickly realized that the lengthy time working at it allowed the music to sink in, thereby making its recording smoother and more natural.

"We were supposed to start recording this one at the beginning of last year in February or March but it didn't happen until September," he notes. "We'd put it off for a month and another month. Before we knew it, eight of them had passed."

"Once we got into our studio though, the songs just flowed so easily, we recorded them live," he continues, pondering how patience has affected Sonic Youth.

"What you hear on the album is how the song was recorded at that moment, no overdoing. It's the first or second take because we'd become so familiar and comfortable with the songs. Ultimately though, what it really means is that the songs are indicative of a band who's finally comfortable with themselves."

Sonic Youth helped define the No Wave and ensuing noise, indie and alternative rock sub-genres.

Death results in fine

A Paris appeals court fined French filmmaker Luc Besson's movie company 100,000 euros ($162,177 C) yesterday over the death of a cameraman who was hit by a car during a 1999 stunt shoot. THE ASSOCIATED PRESS

Finding a year-round home for Fringe

ALISON BROVERMAN
for Metro Canada

Ask any actor, playwright or director what the hardest part of making independent theatre is, and a unanimous cry will come back: Finding a place to do it!

Artist-friendly performance space has been on the decline for the past several years in Toronto. Due to insatiable condo developers and skyrocketing rents, beloved indie spaces like Artword Theatre, the Poor Alex and Equity Showcase Theatre have all disappeared, taking with them affordable rehearsal and performance space for independent theatre artists. .

"There is a definite need for performance space in this city, even tiny spaces," says Jackie English, an actor and dancer. So she decided to take matters into her own hands. She runs Bread and Circus, an artist-friendly bar/theatre in Kensington Market, which is a go-to venue for indie theatre and music types.

The converted skateboard shop has become a hub of the independent arts scene since it opened last November under the collective management of English, along with Kiran Sachdev and Asher Ettinger (both musicians), who moved Bread and Circus from a smaller space around the corner.

Fringe details

- The Fringe Festival runs tomorrow through July 12.
- Visit fringetoronto.com for complete festival details, including showtimes and venues.

English is not alone: Small, artist-run spaces have been popping up wherever a few square feet can be found.

On Ossington Avenue, a street so happening the city slapped down a bylaw preventing further development, the Lower Ossington Theatre is quietly becoming a major destination for every independent theatre artist in town.

Just north of Queen St. W., the LOT offers an increasingly rare luxury: Rehearsal space that is both affordable and large.

"We got onto the street when it was still all sketchy karaoke bars," says David Galpern, the artistic director of the Classical Theatre Project, a company that produces classic plays for high school audiences. His company has made the LOT its home base for the past two years.

"In 2006, before it was the LOT, we were rehearsing in the building," says Galpern.

"We arrived to find a padlock on the door, so we sought out the landlord and worked out a deal – that was the beginning of the LOT."

"We got onto the street when it was still all sketchy karaoke bars."
David Galpern, the artistic director of the Classical Theatre Project

"Affordable theatre spaces are few and far between in this city," says Chris Stanton, the artistic director of acclaimed independent company Unspun Theatre, whose new theatre company, The Room, is debuting its first work at the LOT at Toronto's Fringe Festival next week.

"It's fantastic that the people at the LOT are willing to maintain such a space — it's become increasingly rare in the last five years."

With the ever-growing Fringe Festival beginning next week, performance space in Toronto is at a premium, and these independent spaces will all be well-used. Bread and Circus hosts no less than four theatre companies in the festival's "Bring Your Own Venue" program (English herself will be performing in one: The Fringe-y titled My Mother's Lesbian Jewish Wedding). The LOT has two BYOV shows this year, and Hub 14, which has been a BYOV in past years, will serve as the warm-up space for the Fringe's dance companies.

More and more artists are realizing that the best way to find space for rehearsals and performances is to create it themselves.

Expect to see more artist-run spaces pop up around Toronto, like the Toronto Free Gallery. The TFG has been an art gallery since 2004, but it was just recently that someone noticed that the gallery had a back room that could be converted into a theatre space. The space is undergoing renovation and it's expected to be completed next fall.

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Dillon dives back into music

Hugh Dillon, actor on Flashpoint and Durham County and former member of rock band the Headstones, says he's signed a record deal with Warner Music Canada and plans to release his solo debut, Works Well With Others, in October. THE CANADIAN PRESS

Simmons to attend T.O. Indy race

CELEB APPEARANCE The original God of Thunder will be on hand at the upcoming Honda Indy Toronto.

Gene Simmons, bassist/vocalist for classic rock stalwarts Kiss, has been named grand marshal for the July 12 race, organizers announced Monday.

Simmons, who co-founded Kiss more than 35 years ago, was involved in the global marketing of the IndyCar Series for several years through his partnership in Simmons Abramson Marketing.

The Honda Indy Toronto takes place July 10-12 which coincides with the southern Ontario leg of an upcoming Kiss Canadian tour, including a two-night stand at Casino Rama's 5,000-seat Entertainment Centre on July 20-21.

THE CANADIAN PRESS

Atwood on board for book fest

FESTIVALS Canadian authors Margaret Atwood, Barry Callaghan, Anne Michaels and Miriam Toews are set to appear at the 30th annual International Festival of Authors.

The festival at Toronto's Harbourfront Centre, to be staged Oct. 21-31, will feature readings, panel discussions, onstage interviews and book signings.

Also in the Canuck lineup is Man Booker International Prize winner Alice Munro, who will launch her new collection Too Much Happiness and appear on opening night in conversation with U.K. author Diana Athill.

John Irving, Nicholson Baker, Debra Adelaide, Denise Mina and Tash Aw are among international authors slated to present new novels. Tickets are on sale at readings.org.

THE CANADIAN PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Know your history?

Test your knowledge with this Canada Day quiz

The following Canada Day Quiz was prepared by The Dominion Institute, a national charitable organization dedicated to promoting greater knowledge and appreciation of the Canadian story.

1 Who was the political leader who led the campaign to introduce Medicare?

2 Which once and future Prime Minister lost the 1874 election after it became known he offered bribes during the construction of the transcontinental railway?

3 The Hudson's Bay Company is the world's oldest chartered trading company. What product gave this company its start?

4 What is the name of Canada's national anthem?

5 What three oceans border Canada?

6 What medical breakthrough led to a 1923 Nobel Prize for Sir Frederick Banting and J.J.R. Macleod?

7 Which Canadian province has the largest land size?

8 In the federal parliament, what is a law called before it is passed?

9 The country's worst health crisis, spread by troops returning from overseas services in the First World War, was caused by what disease?

10 In 1942, a national plebiscite sparked a fierce debate over military service and national unity. What was this plebiscite about?

11 Which mountain is Canada's highest?

12 Quebec cabinet minister Pierre Laporte was taken hostage and murdered in the crisis initiated by which extremist separatist group?

13 Who was the first woman to be appointed to the Supreme Court of Canada?

14 Who was Canada's Prime Minister during the Second World War?

15 Who wrote the music to Canada's national anthem?

16 Canada is a part of the voluntary association of countries which used to belong to the British empire. What is this association called?

17 What was the name given to the group of women involved in the Persons case (Edwards vs. the Attorney General of Canada)?

18 What two Canadian cities were part of the "Original Six" NHL hockey teams?

19 Which Canadian city hosted the world during the summer Olympics in 1976?

20 What was the name of Canada's flag before the Maple Leaf?

THE CANADIAN PRESS

The answers

1. Tommy Douglas
2. Sir John A. Macdonald
3. Fur
4. O Canada
5. Atlantic, Pacific and Arctic
6. The discovery of insulin
7. Quebec
8. A bill
9. Influenza
10. Conscription
11. Mount Logan
12. FLQ (Front de libération du Québec)
13. Bertha Wilson
14. William Lyon Mackenzie King
15. Calixa Lavallée
16. The Commonwealth or the Commonwealth of Nations
17. The Famous Five
18. Montreal and Toronto
19. Montreal
20. The Red Ensign

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TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/30/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		North and South		India with Sanjeev Bhaskar		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Caged" (HDTV)		The Office		NCIS "Identity Crisis"		News
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere V	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Privileged (HDTV)		Hitched or Ditched (N)		Make Me a Supermodel		News (N)
	212	313	8	CTV	Corner Gas	Hollywood	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	Taking It Off		Better Off Ted	Rocker Moms	Ruby	Ruby	News (N)
	137	763	13	TFO	Panorama été	Tshinanu	Sur la piste des arômes		*Est-Ouest* ★★ (1999, Drame Historique) Sandrine Bonnaire.				Tournants
	-	-	14	-	Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*I Know What I Saw* (2007, Suspense) Beverley Mitchell.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Caged" (HDTV)		The Mentalist (HDTV)		(10:01) 48 Hours Mystery		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	The Superstars (N)			Better Off Ted	Primetime: Family Secrets (N)		News (N)
	219	346	20	ACH-B	The Road to Avonlea		America's Got Talent		America's Got Talent (N)		Cupid		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	*Legally Blonde* ★★ (2001, Comedy) Reese Witherspoon.				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (N) (DVS)		Nova scienceNOW (N)		Window to the Sea		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Hitched or Ditched (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil Overweight children.		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Homo Toxicus		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		The Hunt for Black Gold		The Nuclear Option		Mad Money
sports	405	417	22	net	MMA Conn	UFC: Access	Air Racing		Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter	Bounty Hunter	Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Drag Race	Drag Race	Pimp My Ride
family	551	542	25	YTV	Survive This (N)		Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	How Clean	Friends	Remedy Me	Style by Jury	Style by Jury	Style by Jury	*Numb* (2007, Comedy-Drama) Matthew Perry.		
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Greek "Freshman Daze"		Video on Trial	disBand	One Tree Hill
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Italian Fest		Ma Il Portiere non C'e Mal?		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheer Moms
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*A Life Interrupted* (2007, Docudrama) Lea Thompson.				House
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		Sweet Soul Music		Jackie Richardson		Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "Bait"		Lost Worlds		Tanker Time Bomb		NCIS "Bait"		Disappearance
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	MLB Baseball Philadelphia Phillies at Atlanta Braves. From Turner Field in Atlanta.						Home Videos	Seinfeld	Family Guy
	576	582	49	BET	BET Awards '09						Tiny & Toya	Welcome to	*Get Rich*
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Watchmen	Watchmen	Stargate SG-1
	581	566	52	MTV	Teen Cribs	After	MTV News	Room Raiders	Super Sweet	Super Sweet	Run's House	Run's House	MTV Live
	618	524	54	TROP	Power Play "Evasion"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	100 Mile Challenge		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Lost Gods	Search	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	Look-A-Like	Sex Scandals of the Stars		Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés (Partie 7 de 8) (SC)		TVA 22 heures	Juste pour rire	Sucré-salé
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing		The Closer		Ghostly Enc.	In Dreams	Psychic Inv.
	300	601	301	M1	(7:15) *The Invasion* ★★ (2007, Science Fiction)				*Across the Universe* ★★ (2007, Musical), Jim Sturgess				*Surfer, Dude*
	305	612	306	PIX	(7:15) *The Final Cut* ★ (1995, Suspense) Sam Elliott.				*Swingers* ★★★ (1996, Comedy)			(10:45) *Dance Me Outside*	

critics' corner

Swingers

A stand-up comic from New York heads to Hollywood to make it big after getting the brushoff from his girlfriend. While he pines for his former lover, his friends attempt to help him find romance by taking him to nightclubs in Los Angeles and Las Vegas. Directed by Doug Liman, this 1996 comedy also stars Vince Vaughn. 1:30 PM on PIX

Dog the Bounty Hunter

In "Mothers and Daughters," a young woman named Rachel fails to keep her end of a deal with her mom, who asks Dog to revoke Rachel's bond. Beth finds herself identifying with Rachel because of events in her own past, and she tries to persuade the woman to go to rehab. 4 PM on OLN

The Mentalist

When a high-school girl's body washes up on the beach, CBI investigator Patrick Jane sets a trap to get a group of surfers to turn on one another and reveal what really happened in "Red Tide." You might say they go from "hanging 10" to hanging themselves. 9 PM on CTV CBS

Bogus celebrity posts

Hackers have broadcast bogus information about celebrities including Britney Spears and Ellen DeGeneres after breaking into their Twitpic accounts. The Internet messaging system shut down part of its service after the hacking was discovered Sunday. THE ASSOCIATED PRESS

DVD picks

Stone of Destiny

Director: Charles Martin Smith

BASED ON THE TRUE story of young Scots nationalists who broke into Westminster Abbey on Christmas Eve, 1950, to grab the hallowed Stone of Scone, deemed stolen by imperialistic Limeys.

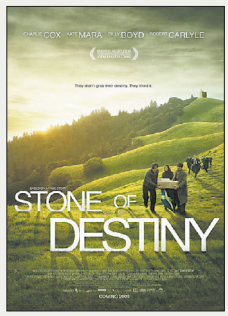
Writer/director Charles Martin Smith (Air Bud) brings energy and wit to this account of the incident, which is featherlight yet entertaining all the same.

In the grey mist of a Glasgow winter in 1950, law student Ian Hamilton (Charlie Cox) decides Scotland's pride and his own manhood require a daring act of self-empowerment.

With a few pounds donated by leading Scots nationalist John MacCormick (Robert Carlyle), a borrowed car and a handful of co-conspirators that include the feisty Kay Matheson (Kate Mara) and the scrappy Bill Craig (Billy Boyd), the rock nabbers set their plan in motion.

To quote the Scots poet Robbie Burns: "The best-laid schemes o' mice an' men / Gang aft agley."

One may yearn for slighty more heft to this



Stone. The stereotypes are broad — could England sue for defamation? — and the film plays at times like a naughty schoolboys' lark rather than a serious act of national pride. But this rock rolls.

Extras include a director's commentary and a making-of featurette.

Two Lovers

Director: James Gray

JOAQUIN PHOENIX'S accomplishment in James Gray's layered romance is a small marvel, a leap of faith by a fearless artist who understands how love can lead to madness, and vice-versa.

Phoenix is Leonard Kraditor, a bipolar sadsack who lives at home with his mother (Isabella Rossellini) and father (Moni Monoshov). Cold winds blow through Brooklyn and the cracks of Leonard's soul. Yet he has inner resolve; we never pity him.

Two beautiful women enter his erratic orbit. Sandra (Vinessa Shaw), the daughter of an old family friend, believes in the warmth of Leonard's heart. Michelle (Gwyneth Paltrow) is the Ecstasy-popping neighbour with the attention span of a fruit fly.

Guess who Leonard falls for? Michelle teases him into thinking she's available — until a wealthy man (Elias Koteas) enters the picture.

With just the slightest of changes, Two Lovers could almost be a romantic comedy. It has the feel of a good Woody Allen romancer, with a sense of city and an appreciation for the absurd.

Gray guides his strong cast to a resolution that is both surprising and entirely realistic. They find truth in Leonard's crazy love and warmth in the coldest of surroundings.

Extras include a director's commentary, deleted scenes and a photo gallery.

Peter Howell/for Metro Canada

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Betty star's new baby

Ugly Betty star Ana Ortiz and her husband, musician Noah Lebenzon, have welcomed their first child, a daughter, on Saturday, People reports. Paloma Louise Lebenzon was born at 4:25 p.m. in New York City and weighed 7 lbs., 10 oz. METRO NEWS SERVICES

Celebrity Buzz

Britney turns over new leaf?

STARTING OVER Britney Spears is a brunette, us-magazine.com reports. The singer, 27, showed off the darker do over the weekend while shopping with boyfriend (and agent) Jason Trawick in Santa Monica, Calif. They stocked up on brooms and picture frames.

Last week, a source close to the singer shot down reports that the two are engaged. Still, another source told us-magazine.com that Trawick, 27, has had "a calming effect over Britney."

Said a third source: "He is incredible with the kids. He absolutely adores them."

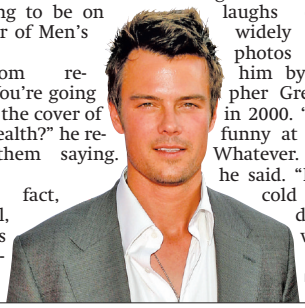
METRO NEWS SERVICES

Josh's new role: Cover boy

STRIKE A POSE Josh Duhamel claims even his friends were skeptical when he told them he was going to be on the cover of Men's Health, people.com reports. "You're going to be on the cover of Men's Health?" he recalled them saying. "You?"

In fact, Duhamel, 36, tells the fitness magazine that he wants to be remembered for his talent, not just his rugged good looks. And he laughs off those widely seen nude photos taken of him by photographer Greg Gorman in 2000. "To me, it's funny at this point. Whatever. It's done," he said. "It was very cold in the studio, by the way."

METRO NEWS SERVICES



Joke's on Leo after prank

THE LAST LAUGH Leonardo DiCaprio was the target of revenge by some fans who felt he'd snubbed them on a recent trip to Japan.

While visiting a temple in Kyoto, a pair of American tourists reportedly asked the star for a picture, but he declined, pointing to a sign prohibiting photography, according to Page Six.

Feeling slighted, the fans waited until DiCaprio removed his sneakers to enter the temple, then made off with his footwear.

"They just ran off with them," a source said. "The poor guy had to leave the place barefoot."

METRO WORLD NEWS

Without Shia, Transformers nothing?

A TRUE MOVIE STAR Michael Bay almost cancelled Transformers: Revenge of the Fallen when Shia LaBeouf was injured, femalefirst.co.uk reports.

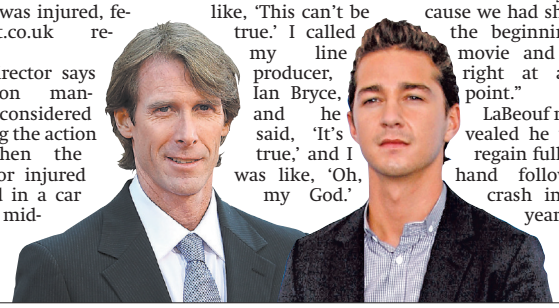
The director says production managers considered scrapping the action film when the lead actor injured his hand in a car accident midway through filming and admits they were "lucky" to complete it.

He said: "I actually read it on CNN online and was like, 'This can't be true.' I called my line producer, Ian Bryce, and he said, 'It's true,' and I was like, 'Oh, my God.' He said, 'Let's shut down,' and I said, 'We can't shut down!'

"We were very lucky because we had shot a lot of the beginning of the movie and we were right at a turning point."

LaBeouf recently revealed he will never regain full use of his hand following the crash in July last year.

METRO NEWS SERVICES



Hollywood salary, teen allowance

DOWN TO EARTH My Sister's Keeper star Abigail Breslin just got a raise, people.com reports. The Oscar-nominated actress rakes in an estimated $2 million US per movie these days, yet, her allowance only went up by $1 in April.

"I get $13 (a week) now, because I'm 13," she said.

Breslin, who has been in show business since she was five, ranked eighth in Forbes magazine's list of Young Hollywood's Top-Earning Stars, in 2007 after pulling in $1.5 million in 2006. At home, she's earned her age the past couple years, and, with her most-recent pay raise comes more responsibility.

"My chores have gotten a little heavier," she said. "My brother used to always to feed the cat and now I feed the cat, which isn't a big deal, but it kind of is, because my cat eats tons. It's like an all-day long cycle."

METRO NEWS SERVICES

I'm just like Harry, Daniel says

ART BECOMES LIFE Daniel Radcliffe doesn't act when playing Harry Potter, femalefirst.co.uk reports.

The 19-year-old British actor says his abilities were undeveloped when he first took on the role of the boy wizard in Harry Potter and the Philosopher's Stone and he felt fans wouldn't like it if he changed his approach in later movies.

He said: "When I started out at the age of 10 or 11, I was essentially saying the lines as I myself would say them. When I became aware that that's what I was doing, at 13 or 14, it didn't make sense to change, because it would suddenly be a dramatic shift in the character."

Radcliffe admits he is very much like his famous character — created in the best-selling children's book series by J. K. Rowling — and even his mother has noticed the similarities.

He told Parade magazine: "When she read the sixth book she noticed that Harry argues in the kind of irritating, pedantic way that I argue. She thought Harry and I were getting closer and closer together at that point."

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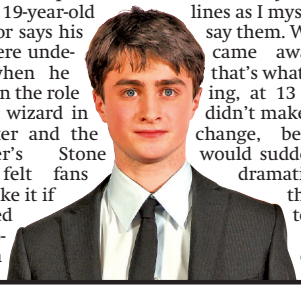

LiLo gets party started early

BIRTHDAY GIRL Lindsay Lohan hit Vegas this weekend to launch her new line of tanning products, Sevin Nine, and used the opportunity to turn the event into an impromptu early birthday celebration — even though her big day isn't until next month.

The actress indulged in poolside fun, decadent chocolate cake and five wardrobe changes, according to spies for the Daily Mail. Lohan was back in L.A. by Sunday evening, when she headed out to dinner with on-again, off-again girlfriend Samantha Ronson.

METRO WORLD NEWS

Vanessa bounces back with Topher

ON THE REBOUND Vanessa Minnillo seems to already be moving on from Nick Lachey. She was spotted getting quite friendly with That '70s Show star Topher Grace on the dance floor at a Los Angeles party hosted by Family Guy creator Seth MacFarlane, according to Radar Online.

After a few increasingly intimate dance numbers, the pair reportedly started making out right there on the floor for everyone to see, then later left the party together.

METRO WORLD NEWS

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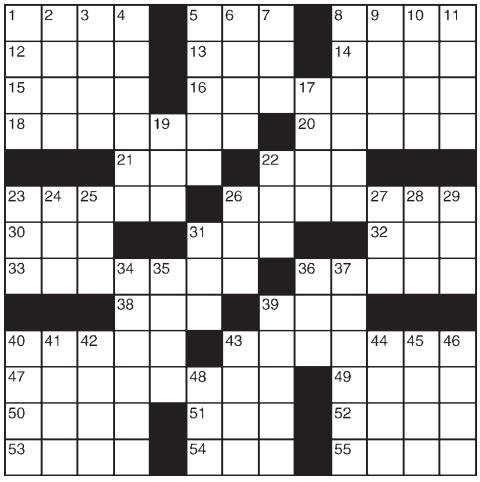


Crossword across

1 Guitars' kin
5 Conclude
8 Audio equipment brand
12 Punjabi believer
13 Old French coin
14 Maleficence
15 Basin accessory
16 Pavement
18 Motorcycle attachment
20 Irritates
21 Distort
22 Distant
23 Laurel's partner
26 Courtroom conference
30 Xanadu band
31 Monkey suit
32 SNL alumna Gasteyer
33 Swing band musician
36 Fop
38 19
39 Playground pastime
40 Conspiracy theories
43 Gun of a sort
47 Duck
49 Hodgepodge
50 Epidermis
51 Owns
52 Trademark symbol
53 Camper's shelter
54 TV Tarzan Ron
55 College VIP

Crossword down

1 Employs
2 New Zealand bird
3 Supplemented, with "out"
4 Crafty
5 English composition
6 Bleak, as film
7 Flop
8 Caveat word
9 Elliptical
10 Ledge
11 BPOE members
17 "Zounds!"
19 Weep
22 Repair
23 Cock and bull?
24 Foreman competitor
25 Sceptre
26 Sky sight
27 Proscribe
28 Moreover
29 Shaft from 26-Down
31 April 15 payment
34 Range
35 Fail to hit
36 Mid-June honoree
37 Ancient
39 In one's cups
40 "Hey, you!"
41 Similar to
42 Valhalla bigwig
43 Close up tight
44 Lotion additive
45 Latvia's capital
46 Armstrong's destination
48 Definite article

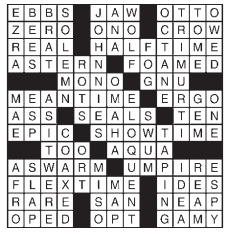
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8			7		
8		1		7			6	
6			9			1		
		6		4	7			9
	7						5	
9			3	2		4		
		4			3			1
	1			5		2		3
		5			4			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	8	4	7	2	6	5	9	3
9	5	7	1	3	8	2	4	6
6	3	2	4	9	5	1	7	8
5	2	9	3	6	7	8	1	4
8	4	3	5	1	2	9	6	7
7	1	6	8	4	9	3	5	2
4	7	8	9	5	3	6	2	1
3	6	5	2	7	1	4	8	9
2	9	1	6	8	4	7	3	5

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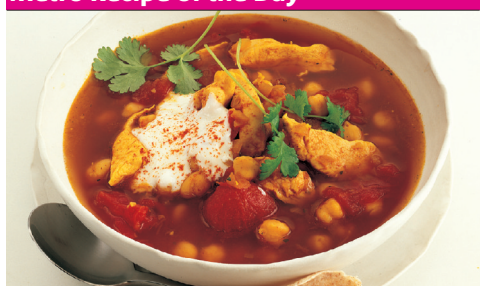
SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Spicy Chicken Soup

INGREDIENTS:

2 tbsp (25 ml) canola oil
2 onions, finely chopped
2 large garlic cloves, crushed
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
1/4 tsp (1 ml) cayenne pepper
1/4 tsp (1 ml) ground cloves
1/4 tsp (1 ml) ground ginger
1/4 tsp (1 ml) ground turmeric
4 cups (1 l) diluted chicken or vegetable stock
14 oz (396 ml) can chopped tomatoes
1 lb (500 g) skinless chicken breast fillets, cut into ¼-in. (0.5-cm) strips
1/2 lb (250 g) green beans, trimmed and chopped
400 g can chickpeas, drained and rinsed
2 tbsp (25 ml) chopped fresh coriander
1/3 cup (75 ml) low-fat yogurt
pinch of cayenne pepper
12 sprigs of fresh coriander

METHOD:

1. Heat oil in large, heavy-based pot or flameproof casserole dish over medium heat. Add onions and fry for 3 minutes, stirring. Add garlic and continue stirring 2 minutes longer until onions are softened, but not brown.
2. Reduce heat slightly and stir in spices. Continue stirring over gentle heat so spices release their aroma. Take care not to let mixture burn.
3. Stir in stock and tomatoes with their juice, increase heat and bring to boil. Then reduce heat to gentle simmer.
4. Add chicken, beans and chickpeas to pot, bring back to boil, then reduce heat, cover and leave soup to cook gently 10 minutes until chicken is cooked through and beans are just tender. Taste one bean to test if it is cooked and cut piece of chicken in half to make sure it is no longer pink in centre. Stir in chopped coriander and season.
5. Ladle soup into individual bowls, then add dollop of yogurt to each serving, sprinkle with cayenne pepper and garnish with coriander. Serve with chapattis or nan bread.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Make sure you get your message across today, both at home and at work. If you make the effort you will quite easily find the words to win over others.

TAURUS ♉
APRIL 21-MAY 21
All things are possible if you believe they are possible, so stop looking for reasons why your plans could go wrong and focus on why they will go right.

GEMINI ♊
MAY 22-JUNE 21
You don't have to be sociable or put in more work hours than strictly required. If you'd prefer to be by yourself today by all means do so.

CANCER ♋
JUNE 22-JULY 22
Group activities of all kinds are under good stars; you'll have plenty to show for your efforts by day's end. Team tasks will go easier if you seize the initiative.

LEO ♌
JULY 23-AUG 23
Who said Leos have fixed ideas? Clearly they don't know what they are talking about and you will prove it today as you think in new directions.

VIRGO ♍
AUG 24-SEPT 22
You may not want to hurt a close friend's feelings, but say what needs to be said then offer a shoulder to cry on. They'll thank you for it one day.

LIBRA ♎
SEPT 23-OCT 23
Your powers of persuasion are strong currently and both family and financial matters will go well if you let others know what you expect of them.

SCORPIO ♏
OCT 24-NOV 22
Don't be afraid to speak up if a loved one is making a mistake of some kind. You'd never forgive yourself if they suffered because you stayed silent.

SAGITTARIUS ♐
NOV 23-DEC 21
It's not like you to focus on the little things that could wrong rather than the big things that will go right, so why are you doing it now? Snap out of it.

CAPRICORN ♑
DEC 22-JAN 20
You're getting all sorts of offers from all sorts of directions, but you seem reluctant to commit. If you're waiting for a perfect offer, don't wait forever.

AQUARIUS ♒
JAN 21-FEB 18
If you see or hear something to your advantage today, act on it quickly. Don't waste time wondering what it means to other people. It's OK to be selfish.

PISCES ♓
FEB 19-MARCH 20
Someone will try to blame you for a mistake that was mainly, if not wholly, down to them today. Don't let them get away with it.

INTRA-ORAL DENTAL ASSISTANT
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MASSIVE CANADA DAY WEEKEND SALE

INVENTORY SELL-OFF!

DON'T MISS OUT!

CANADA DAY SUPER SALE!

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70% off AND MORE

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DOORCRASHER!

SUITS 2 FOR $99.99*

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Executive suits
2 suits for $250

100% all wool suits
2 suits for $295

Top of the Line Super 100'S suits
2 suits for $395

DON'T MISS IT!

2 FOR 1 FACTORY SUIT SELL-OFF!

CANADA DAY TEES	EMBROIDERED CANADA TEES	TANK TOPS	MECCA SCREEN TEES	DRESS SHIRTS	HAWAIIAN SHIRTS
3 FOR $15.99	2 FOR $15.99	$5.99	$5.99	$10	$10
COTTON CARGO SHORTS	**STRIPED POLO SHIRTS**	**GOLF POLOS**	**PLAID SHORTS**	**SHIRT AND TIE SETS**	**CAMP SHIRTS**
$10	$10	2 FOR $15.99	2 FOR $30	$20	2 FOR $30

MAIN GIANT SHOWROOM

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Heartland Town Centre
(905) 502-9090

OPEN CANADA DAY! 10AM - 9PM

North York
1235 Finch Ave. W

OPEN CANADA DAY! 10AM - 9PM

Scarborough
1333 Kennedy Rd.

OPEN CANADA DAY! 10AM - 9PM

Brampton
255 Queen St. E.

OPEN CANADA DAY! 10AM - 9PM

Woodbridge
Piazza Del Sole

OPEN CANADA DAY! 10AM - 9PM

Ancaster
Meadowlands Power Centre

OPEN CANADA DAY! 10AM - 9PM

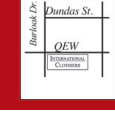
Ajax
Durham Regional Centre

OPEN CANADA DAY! 10AM - 9PM

Markham
First Markham Place

OPEN CANADA DAY! 10AM - 9PM

Oakville
Burloak Power Centre



OPEN CANADA DAY! 10AM - 9PM

Pickering
Shops of Pickering

OPEN CANADA DAY! 10AM - 9PM

Oshawa
Oshawa South Centre

OPEN CANADA DAY! 10AM - 9PM

Aurora
Aurora Power Centre

AIR CANADA VACATIONS

DEALS to EUROPE

London
Barkston Gardens • 3 1/2★
Breakfast
Standard rm.
Aug. 10, 12, 13, 16, 19 & 21 • 1 wk.
$849
Taxes & fees: $409

Rome
Hotel Executive • 3★
Breakfast
Standard rm.
Aug. 6 & 20 • 1 wk.
$999
Taxes & fees: $296

DEALS to the SUN

Punta Cana
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
July 10 - 31 • 1 wk.
Upgrade to the Royal Club luxury room for only $229 per person
$739
Taxes & fees: $315
Based on Fri. departures.

Liberia, Costa Rica
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
July 4 & 11 • 1 wk.
FREE upgrade to Deluxe oceanview room (subject to availability)
$999
Taxes & fees: $205
Departure tax: 26 USD cash paid locally.

Samana
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Aug. 2 - 23 • 1 wk.
$579
Taxes & fees: $315

Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Supersaver deluxe rm.[1]
Sept. 6 - 13 • 1 wk.
$629
Taxes & fees: $289

Jamaica
Grand Lido Braco Resort & Spa • 4 1/2★
All-Inclusive
Royal gardenview rm.
Aug. 4 - 16 • 1 wk.
$1399
Taxes & fees: $264
Please add $50 for Sat. & Sun. departures.

Santa Clara
Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
July 25 • 1 wk.
FREE upgrade to oceanview Junior suite (subject to availability)
$749
Taxes & fees: $222
Departure tax: 25 CUC cash, paid locally.

Barbados
Almond Casuarina Beach Resort • 4★
All-Inclusive
Standard rm.
July 21 - Aug. 20 • 1 wk.
Barbados Freedom Package included
$1839
Taxes & fees: $180
Price based on Tues. & Thurs. departures.

DEALS on CRUISES

Royal Caribbean International[2]
Enchantment of the Seas®
Western Caribbean
Flights to Fort Lauderdale
All meals included
Oceanview stateroom, cat. I
Aug. 8 & 22 • 5 nts.
$949
Taxes & fees: $215

Liberty of the Seas®
Eastern Caribbean • Flights to Miami
All meals included
Interior stateroom, cat. N
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